Best book on Budwig

Budwig Is Great

Budwig Is Great

Best Book On Budwig Protocol

Dr. Johanna Budwig

Dr. Johanna Budwig Omega-3 Lady
(30 Sept, 1908 - 19 May, 2003)

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Foreword by Lothar Hirneise

My Teacher - Dr. Johanna Budwig

It is a great pleasure for me to write this foreword. I really appreciate how much energy Dr. O.P.Verma invested in the last ten years to learn, to practice and to spread the brilliance of the oil-protein diet in India. I hope that most cancer patients will read this book and learn the basis of this great cancer therapy. This book will definitely add a new dimension in the Alternative Cancer Treatment scenario and will prove a new mile stone in the awareness of Budwig Protocol.

First time I heard of Dr. Johanna Budwig and the oil-protein diet was precisely in America, as Frank Wiewel, President of People Against Cancer, USA told me that he had been in contact with Dr. Budwig for several years. He advised me to visit Dr. Budwig because I lived only one hour by car away from her home in Germany. I then visited Dr. Budwig in the spring of 1998 for the first time and from the beginning it was an intense relationship that persisted for many years.

Over several years I was a close companion of this grand dame of Science and we drank a few glasses of champagne together and discussion only interrupted by her afternoon nap, which she always held, countless hours about nutrition, oncology, church and many medical things in general. I had for several years the great good fortune to learn the opinions of Dr. Budwig, from the first hand and I will be eternally grateful for her.

Dr. Budwig was never married, always lived for science and almost her entire life dealt with other scientists. This was certainly not a simple life, and because in the family circle she had nobody to talk to about her oil-protein diet, she sometimes was glad that she found in me someone she could talk to about her theories. Thus it came about that she suggested one day to write a book in which she could explain her theories again briefly and concisely. And so the Book was made: Cancer - The Problem And The Solution.

I often visited her in Dietersweiler to discuss various opinions and her physical and mental faculties at that time were incredible for a woman of nearly 90 years. I had the feeling that once again she really inspired to write a book and every time when I came to her, there were already numerous articles and books on one of her three desks, and she wanted to discuss them with me.

The content of our conversations of course was about fat and electrons. Furthermore she helped me to improve my analytical thinking and I am always grateful for her instructions and how to basically question everything positive analytically. The oil-protein diet is not just for me and not only for cancer patients, it was something very special. In the past 15 years, I convinced myself personally of the effectiveness of this diet and for me it is now the base of my 3E-program.

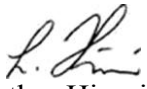

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TABLE OF CONTENT

PRIME CAUSE OF CANCER 5

Otto Warburg – Biography 5
Prime cause of Cancer 6

BIOGRAPHY OF DR. JOHANNA BUDWIG 7

Birth of an angel 7
The tough life of a sage of science 7
Deaconess at Kaiserswerth 7
Dr Budwig's scientific thinking, work and career 8
Joins Medical School at Göttingen 9
Last Destination - Dietersweiler-Freudenstadt 10

BUDWIG PROTOCOL 11

Transition Diet 11
Budwig Diet 12
Watch our video on FOCC 14
https://www.youtube.com/watch?v=EopPbvNrkqI&t=17s 14
Precautions 16
Prohibitions of Budwig Protocol 18

FEW DESSERTS RECIPES BY DR. BUDWIG 20

Ingredients: 21

ELDI OILS 22

ELDI Oil Enema 24

COFFEE ENEMA 26

EPSOM BATH 27

Soda bicarb bath 28

SUN THERAPY 28

MAKING COTTAGE CHEESE 29

ENERGY HEALING 30

How long should you take this protocol? 31
Juicing for the Budwig Protocol 31

QUESTIONS AND ANSWERS 33

BUDWIG DIET & PROTOCOL - IN BRIEF 35

Prohibitions of Budwig Protocol 35
Elimination or Detoxification 36
Energy Therapies (Remember MTV) 36
Important and must do therapies with Budwig 36

SAUERKRAUT 38

History of Sauerkraut 38

Glucosinolates - Trump card in Cancer Treatment 38
Glucosinolates and their Anti-Cancer Thiocyanates 39
Other health benefits of Sauerkraut 39
The Science behind Sauerkraut Lacto-fermentation 41
Factors affecting Lacto-fermentation 42
How To Make Homemade Sauerkraut in a Fido Jar 43

JOY OF THE MOUNTAIN - OREGANO OIL 46

Composition 46
Oregano oil Fights Cancer 47
Pain Killer 47
"Less is more" applies to oregano oil 47

LOTHAR HIRNEISE 48

Tumor is not a problem, but a solution 49
3E Program 49
Diet and Nutrition 49
Detoxification 50
Energy Work 50

INTERVIEW OF DR. JOHANNA BUDWIG 52

SUN, PHOTONS AND ELECTRONS 56

Electrons 56
The sun's energy and man as an antenna 57
Fats Syndrome 58
Anti-Mensch 58
The electrons as resonance system 59
How can we once more reach the peak of human development? 59

DAYLIGHT 61

VISUALIZATION - PATH TO WELLNESS 62

Your dream house where you heal your cancer 63
Renovate your dream house if needed 64

TUMOR CONTRACT 65

UNRESOLVED TRAUMA OR SHOCK 67

Dr. Ryke Geerd Hamer – A controversial doctor 69
Stages of Cancer Development 70
How to Heal the Psycho-Emotional Trauma 72

HERBS AND TEAS 75

ESSIAC TEA - MIRACLE CURE OF CANCER 75

NETTLE TEA 78

MILK THISTLE 80

DANDELION 82

OUR BIGGEST ENEMY – THE TRANS FAT 85

Tragic tale of Trans fats 85

Science behind Trans Fats 86
Health Hazards of Trans Fats? 87
What type of foods have Trans fat? 87
Finally FDA takes U-turn 88
Options to Consider 88

TESTIMONIALS 89

How Dr. Siegfried Ernst cured his stomach cancer 89
Highly positive and encouraging story of Mary 91
Wellness Journey of Mrs. Shanti 92
Tom's cured his Brain Cancer 93
Healing Story of Jorg Hulf, Hamburg 94
How Dr. Budwig saved A. Sch 94
Testimonials on our Budwig Protocol group on FB 95

THE BUDWIG DIET QUOTES 100

DISCLAIMER 106

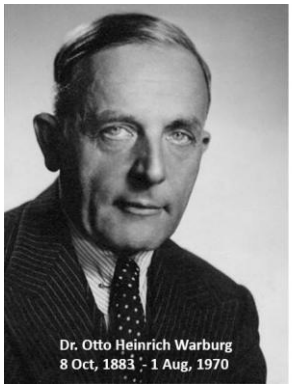
Prime Cause of Cancer

We are fighting with cancer since the dawn of history. Every year we discover new diagnostic modalities, better radiotherapy techniques and lots of new chemotherapy drugs. But we have completely failed to defeat this disease called cancer. Think again, are we really going on the right path? Does conventional Medicine really targets upon the prime cause of cancer???

Otto Warburg – Biography

Otto Heinrich Warburg (October 8, 1883 – August 1, 1970), son of physicist Emil Warburg, was a German physiologist, medical doctor and Nobel laureate. His mother was the daughter of a Protestant family of bankers and civil servants from Baden. Warburg studied chemistry under the great Emil Fischer, and earned his "Doctor of Chemistry" in Berlin in 1906. He then earned the degree of "Doctor of Medicine" in Heidelberg in 1911. Between 1908 and 1914, Warburg was affiliated with the Naples Marine Biological Station, in Naples, Italy, where he conducted research.

He served as an officer in the elite Uhlan (cavalry regiment) during the First World War, and was given the Iron Cross (1st Class) award for his bravery. Warburg is considered one of the 20th century's leading biochemists. Towards the end of the war, Albert Einstein, who had been a friend of Warburg's father Emil, wrote Warburg asking him to leave the army and return to academia, since it would be a tragedy for the world to lose his talents. Einstein and Warburg later became friends, and Einstein's work in physics had great influence on Otto's biochemical research.



Every single person who has cancer has a pH that is too acidic.

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic , low oxygen environment.

While working at the Marine Biological Station, Warburg performed research on oxygen consumption in sea urchin eggs after fertilization, and proved that upon fertilization, the rate of respiration increases by as much as six fold. His experiments also proved that iron is essential for the development of the larval stage.

In 1918, Warburg was appointed professor at the Kaiser Wilhelm Institute for Biology in Berlin-Dahlem. By 1931 he was promoted as director of the Kaiser Wilhelm Institute for Cell Physiology, which was later on, renamed the Max Planck Society. Warburg investigated the metabolism of tumors and the respiration of cells, particularly cancer cells, and in 1931 was awarded the Nobel Prize in Physiology for his "discovery of the nature and mode of action of the respiratory enzyme."

Prime cause of Cancer

Warburg hypothesized that cancer growth is caused by tumor cells mainly generating energy (as e.g. adenosine triphosphate / ATP) by anaerobic breakdown of glucose (known as fermentation, or anaerobic respiration). This is in contrast to healthy cells, which mainly generate energy from oxidative breakdown of pyruvate. Pyruvate is an end product of glycolysis, and is oxidized within the mitochondria. Hence, and according to Warburg, cancer should be interpreted as a mitochondrial dysfunction.

In short, Warburg summarized that all normal cells absolutely require oxygen, but cancer cells can live without oxygen - a rule without exception. Deprive a cell 35% of its oxygen for 48 hours and it would become cancerous. **Dr. Otto Warburg clearly mentioned that the root cause of cancer is lack of oxygen in the cells.**

He also discovered that cancer cells are anaerobic (do not breathe oxygen), get the energy by fermenting glucose and produce levo-rotating lactic acid, and the body becomes acidic. Cancer cannot survive in the presence of high levels of oxygen, as found in an alkaline state.

He postulated that sulfur containing protein and some unknown fat is required to attract oxygen into the cell. This fat plays a major role in the respiration and functioning of Warburg respiratory enzyme. He thought it would be butyric acid and made experiment, but this attempt was a failure. For many decades scientists were trying to identify this unknown and mysterious fat but nobody succeeded (Otto Warburg, Wikipedia).

Go to top

Biography of Dr. Johanna Budwig

Birth of an angel

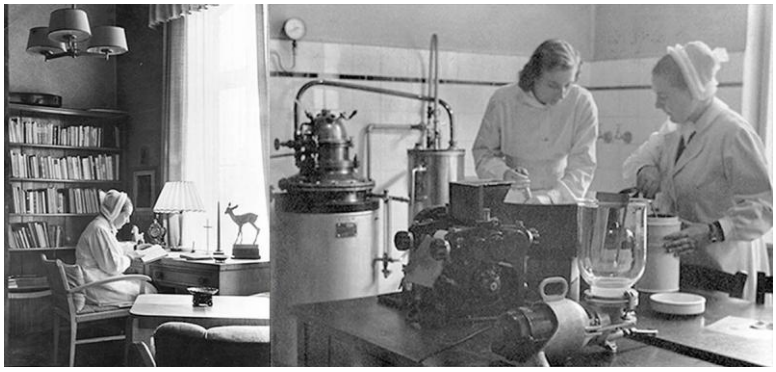
A lovely couple, Hermann Budwig and Elisabeth, lived in Essen town of Germany situated on the bank of river Ruhr. On the eve of September 30, 1908 Elisabeth delivered a brilliant and lucky angel. Hermann and Elisabeth were very happy, and celebrated. They called her Johanna. In German, Johanna means a gift from God. In the family and neighborhood everybody was talking that Johanna is very lucky, she will study in a college and become a big doctor. Actually, 1908 was very fortunate and important year for the freedom of women in Germany. Government for the first time in history, changed laws, and allowed women to study in college and Universities. Also the German parliament passed a legislation to allow women to become members of political parties and prestigious clubs. Though women were given new rights and freedom, liberalization was slow and old values still persisted.

The tough life of a sage of science

Unluckily, Elisabeth died in 1920; family members thought that her father, being a poor loco mechanic, might not look after Johanna. So she was sent to an orphanage. This was a great shock for the little Johanna, but it had one positive side also. Education up to higher level was totally free for orphans.

In 1926, Germany was slowly recovering from the after effects of the First World War. Economic conditions were improving. Scholars and scientists were developing new technologies in every field. One third of all Nobel Prizes were being given to German academics.

Deaconess at Kaiserswerth



Johanna was very intelligent and sharp in studies from the beginning. In order to achieve good future, she decided to join the renowned Deaconess's Institute of Kaiserswerth in 1925. Theodor Fliedner, a pastor, founded Kaiserswerth Institute for welfare of unmarried mothers, prisoners, patients, orphans and poor children in 1836. In the beginning a Hospital and a Nursing School was established. This school was very famous Nursing School of that time. Florence Nightingale, known as mother of modern nursing, also studied in this Deaconess School in 1850. Intelligent Johanna easily got admission in this Institute. She was made a “deaconess” on March 30, 1932. This was the most appropriate place for her. There was a 1000 bedded hospital, pharmacy and a boarding school. She decided to study pharmacy.

After completing preliminary education in Kaiserswerth, she joined Münster University for further studies. Her analytical thinking and precise knowledge was noticed by her Professor Dr Hans Paul Kaufmann. He always encouraged and helped her. Here she passed state examination in pharmacy and was rewarded distinction in chemistry in 1936. Then she continued further education in physics, and received the title "Doctor of Science" at the University of Münster in 1938. On August 1, 1939, she was appointed as in-charge of pharmacy at the Military Hospital in Kaiserswerth.

Next month, Hitler's military forces attacked Poland. During war time, brave Johanna was busy in organizing and expanding the pharmacy. The war was not an easy time. There were two thousand people living in Kaiserswerth. Johanna was responsible for ensuring that there were enough medicines in this time of rationing and a thriving black market. She was well prepared and ready to fulfill any emergency demand for her patients. Many of her fellow deaconesses were often jealous and not co-operating but she continued evolving her professional skills. She was strong and was confronting every opponent (Dr. Johanna Budwig Stiftung).

Dr Budwig's scientific thinking, work and career

After Second World War, Johanna left Kaiserswerth in 1949. Soon Prof. Kaufmann came to know that she had left Kaiserswerth. He immediately met and persuaded her to work with him in Münster University, as he was always impressed from her talent. He converted the basement of his house into a laboratory and arranged all facilities for her research. He was famous as Fat Pope in the whole Europe.

On Prof. Kaufmann's recommendation, Johanna was appointed as the chief expert for drugs and fats at the Federal Institute for Fats Research, Germany. This was the country's largest office issuing the approval of new drugs used for cancer. Many applications had been submitted to her for approval. These were the medications for cancer therapy with the sulfhydryl group (sulfur-containing protein compounds). Everywhere she saw that fats played a role in cellular respiration, also in expert reports provided by well-known professors like Prof. Nonnenbruch. Unfortunately, fats could only be detected in the late stage, and there were no method to distinguish between fats chemically.

By this time, she developed paper chromatography. With this technique for first time she was able to detect fatty acids and lipoproteins directly even in 0.1 ml of blood. She used Co60 isotopes successfully to produce the first differential reaction for fatty acids, and produced the first direct iodine value via radioiodine. She also developed control of atmosphere in a closed system by using gas systems which act as antioxidants. She further developed Coloring methods, separating effects of fats and fatty acids. She too studied their behavior in blue and red light with fluorescent dyes.

Using rhodamine red dye, she studied the electrical behavior of the unsaturated fatty acids with their "halo". With this technique she could prove that electron rich highly unsaturated Linoleic and Linolenic fatty acids (Flax oil being the richest source) were the mysterious and undiscovered decisive fats required to attract oxygen into the cells, which Otto Warburg could not find. She studied the electromagnetic function of pi-electrons of the linolenic acid in the cell membranes, for nerve function, secretions, mitosis, as well as cell division. She also examined the synergism of the sulfur containing protein with the pi-electrons of the highly unsaturated fatty acids and their significance for the formation of the hydrogen bridge between fat and protein, which represent "the only path" for fast and focused Transport of electrons during respiration. This research was extensively published in 1950 in Neue Wege in der Fettforschung (New Directions in Fat Research) and other publications.

This immediately caused an excitement and turmoil in the scientific community. Everybody thought that it would open new doors in Cancer research. She also proved that hydrogenated fats and refined oils including all Trans-fatty acids were not having vital electrons and were respiratory poisons.

During her research, she found that the blood of seriously ill cancer patients had deficiency of unsaturated essential fats (Linoleic and Linolenic fatty acids), lipoproteins, phosphatides, and hemoglobin. She also had noticed that cancer patients had a strange greenish-yellow substance in their blood which is not present in the blood of healthy people (Budwig, Cancer The Problem And The Solution).

She wanted to develop a healing program for cancer. So she enrolled over 642 cancer patients from four hospitals in Münster. She gave Flax oil and Cottage Cheeseto these patients. After just three months, patients began to improve in health and strength, the yellow green substance in their blood began to disappear, tumors gradually receded and at the same time the nutrients began to rise.

This way she developed a simple cure for cancer, based on the consumption of Flax oil with low fat Quark or cottage cheese, raw organic diet, mild exercise, Flax oil massage and the healing powers of the sun. It was a great victory and the first milestone in the battle against cancer. She treated approx. 2500 cancer patients during last few decades. Prof. Halme of surgery clinic in Helsinki used to keep records of her patients. According to him her success was over 90%, and this was achieved in cases, which were rejected by Allopathic doctors.

Dr. Budwig was a courageous scientist. She **loudly and convincingly argued that consumption of highly processed foods, particularly edible oils and margarines, which block the oxidation processes in the cells, are responsible for the development of cancer and other degenerative diseases.** She met with great resistance from food industry giants, who were doing everything to prevent the spread of her sensational discovery. In 1952, under the influence of strong pressure from this lobby, she lost her job and was barred from the research work.

Joins Medical School at Göttingen

Opponents of Dr. Johanna blamed her that she should not treat cancer patients because she doesn't have a doctor's degree. She felt this and eventually joined medical school in Göttingen in 1955. Budwig was 47 years old at that time. She also continued her research work along with her studies. *Budwig successfully treated Prof. Mauritius's wife, who suffered from Breast Cancer*

One night a woman came with her small child whose arm was supposed to be amputated due to a tumor. She treated her and soon the amputation surgery was dismissed, and the child quickly did very well.

A Swiss woman came to her clinic in Göttingen. She suffered from Colon Cancer with metastasis and intestinal obstruction. Several doctors examined her, and was to be operated on Christmas Eve. On Budwig's request, she was treated by her protocol. The tumor of the colon quickly subsided. Seven weeks later, she was discharged without any detectable tumor. It is interesting that the Swiss custom officer was not ready to believe that the submitted passport belonged to same lady. Her look was so much changed! At home her daughter welcomed saying: "You look healthy, younger and more beautiful (from her book The Death of the Tumor – Vol. II).

After this, University allowed her to treat cancer patients with her oil-protein diet. She was getting miraculous results. University professors were excited with the results, but wanted that she should also include chemo and radiotherapy. She was rigid and didn't want to compromise. So she had differences and conflicts with her professors and ultimately left Göttingen (Budwig, Cancer The Problem And The Solution).

Last Destination - Dietersweiler-Freudenstadt

Eventually, she shifted to Dietersweiler-Freudenstadt, where she lived till her death. There she completed Ph.D. in Naturopathy so that she could legally treat cancer patients. She continued treating her patients in Freudenstadt. In 1968 she created unique Eldi oils for massage and enema, called Electron Differential Oils after performing precise spectroscopic measurements of the light absorption in different oils. *US pain institute has written somewhere: "What this crazy woman does with her ELDI oils, none of us manages to do via pain killers."*

Budwig conducted more than 200 lectures worldwide. Dr. Budwig was popular in the U.S. as FLAX SEED lady from Freudenstadt. She delivered her last public Lecture in Freudenstadt on March 3, 1999. On November 28, 2002, she fell down in her bathroom and got a fracture in right femur neck. She was admitted in a nursing home and ultimately died on May 19, 2003.

Go to top

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Budwig Protocol

The Budwig Protocol is one of the most widely followed alternative treatments for cancer and other diseases. The diet seems simple, but foods are powerful and can heal a person.

Transition Diet

The Transition diet is especially recommended for patients of liver, pancreatic or gall bladder cancers. The basic principle is that for 3 days nothing is eaten and drunk except the following written and at least three times daily warm tea (herbal teas from peppermint, rose hip, mallow or green tea) is drunk. Dr. Budwig has recommended variant 1 for patients with a relatively good energy state, and variant 2 and 3 mainly for seriously ill patients.

Variant 1

- Variant 1 for three days, 250 g of linomel or alternatively freshly crushed Flax seed is eaten together with the following:
- Freshly pressed fruit juices without added sugar.
- Freshly pressed vegetable juices such as carrot, celery juice, red beetroots and apple juice.
- Chinese tea and black tea are allowed in the morning
- Honey for sweetening is allowed. Just as grape juice for drinking and as a sweetner. Energetically weak patients can also consume sparkling wine and linomel.

Variant 2

- For three days, oat meal cereal very hour with linomel is eaten daily with the following juices:
- Freshly pressed fruit juices or freshly pressed vegetable juices such as carrot, celery juice, beetroot and apple juice.
- Chinese tea and black tea are allowed in the morning.
- Honey for sweetening is allowed. Just as grape juice for drinking and as a sweetner.
- Energetically weak patients can also consume sparkling wine and linomel.

Variant 3

- For three days, oatmeal soup with linomel is given three times a day together with the following juices:
- Freshly pressed fruit juices or fruit juices without added sugar.
- Freshly pressed vegetable juices such as carrot, celery juice, beetroot and apple juice.
- Chinese tea and black tea are allowed in the morning.
- Honey for sweetening is allowed. Just as grape juice for drinking and as a sweetner.
- Energetically weak patients can also consume sparkling wine and linomel.

It is often experienced frequently that patients mixed all three variants and "nevertheless" had good results. So better you to stick to one variant. (Budwig – Cancer The Problem And The Solution 2005: p.36).

Budwig Diet

The Budwig Protocol is necessary for many diseases from cancer to type 2 diabetes and heart disease to autoimmune diseases, etc. Its purpose is to energize the cells by restoring the natural electrical potential in the cell. Many human diseases are caused by "sick cells" which have lost their normal electrical potential; generally via a lower ATP energy in the cell's mitochondria.

6:00 AM – Sauerkraut juice

A glass of sauerkraut juice consumed before breakfast every morning. It is rich in vitamins including C, enzymes and helps develop the health-promoting gut flora. Sauerkraut is cabbage that has been pickled by natural fermentation, mainly with lactobacillus bacteria. It is slightly salty, sharp and sour. Well made, it is much nicer than it sounds. You may also consume another glass of sauerkraut juice later in the day.

It interesting that sauerkraut contains right rotating lactic acids and is highly alkaline and neutralizes levo-rotating lactic acids and makes our body alkaline. That is why Marcus Porcius Cato the Elder issued a statement - Carcinomas are incurable except with the treatment with Sauerkraut.

8:00 AM Breakfast

Green or herbal tea

Start breakfast with a cup of warm herbal or green tea. Sweeten with only natural honey. You can add lemon or grape juice. Patient should take such a tea before or with Linomel Muesli. You may consume 4-5 such teas in a day.

Linomel Muesli or Oil-Protein Muesli

This should be made fresh and consumed within 15 minutes. It is full of high energy pi-electrons, attract oxygen in the cells and capable of healing cell membranes. It is full of energy-rich omega-3 fats, has power to attract healing photons from sun through resonance. As "Om" is divine word and synonym of God in India. According to Hindu Mythology, the whole universe is located inside "Om", so the name Omkhand has been given to this wonderful recipe in Hindi.

Garnish in layer as proposed by Dr Budwig
Dried fruits layer
Cottage cheese and Flax Oil cream layer
Fruits layer
Freshly ground Flaxseed layer

Ingredients

- 3 Tbsp cold pressed organic Flax seed oil (FO)

- 100-125gm (6 Tbsp) Quark or Cottage Cheese (CC)
- 2 Tbsp freshly ground Flax seeds
- 2-3 Tbsp milk
- 1 cup fruits
- ¼ cup dried nuts
- Natural honey
- Flavorings – lemon, apple cider vinegar, cinnamon, pure cacao, natural vanilla, shredded coconut etc.

Recipe

Place 2 tablespoons Linomel or freshly ground Flax seeds in a small bowl. It is covered with raw, crushed or diced seasonal fruits depending on the season. Pour some orange or grape juice over this. Linomel is a brand name and originally created and patented by Budwig. It is a cereal made from cracked Flax Seed, a small amount of honey and a little milk powder.

Then the Quark-Flax seed oil cream is prepared in as follows: First add Flax seed oil, milk and honey and blend briefly with a hand-held immersion electric blender, then gradually add the Quark in smaller portions. Blend till oil and Quark is thoroughly mixed with no separated oil. Then it is seasoned differently everyday with different flavorings such as vanilla, cinnamon or various fruits such as banana, apple, lemon, orange juice, or berries.

Use various fruits such as fresh berries, apple, cherry, orange, banana, papaya, grapes etc. Add other fresh fruit if you like, totaling 1/2 to 1 cup of fruit. Budwig specially advised to use berries like strawberry, blueberry, raspberry, cheery etc. because berries have ellagic acids which are strong cancer fighters.

Add organic raw nuts such as walnuts, almonds, raisins or Brazil nuts. They have sulfurated proteins, omega-3 fats and vitamins. Brazil nut is especially important because a single nut provides you with all of the selenium you need for the day. Selenium is very important to boost immune power. Peanuts are prohibited.

For variety and flavor, try natural vanilla, cinnamon, lemon juice, pure cocoa or shredded coconut.

Once blended in Budwig Cream, Quark and Flax seed oil form a new substance called lipoprotein. Lipoprotein is a water soluble complex. The Quark is rich in the sulfur-containing amino acids, methionine and cysteine. These positively charged amino acids attract the negatively charged electron clouds in fatty acid chains and exhibit a stabilizing effect on the highly unsaturated, otherwise easily oxidized fats. Thus, the amino acids protect the polyunsaturated fatty acids from the Flax seed oil against oxidation which, as a result, are able to enter the human body unchanged and with their full energy potential. The result: they are much more valuable to cells and their membranes. Consequently, one could say that Quark excels as a protector for the polyunsaturated fatty acids.

Sulfur-rich amino acids play a wealth of roles in many vital functions in our bodies. In combination with polyunsaturated fatty acids, they are important partners in regulating the uptake of oxygen and its utilization by the cell. They therefore contribute significantly to a strong immune system, healthy metabolism, and mental vitality. For many generations, people have been getting their omega-3 fatty acids from fish, vegetables, nuts, and seeds. Our health literally depends on the regular

consumption of the essential omega-3 and omega-6 fatty acids, alpha-linolenic acid (ALA) and linoleic acid (LA). Our bodies require these fatty acids in order to synthesize their cell membranes as well as for a variety of metabolic processes and heal the cancer and other diseases.

Tips for making the Budwig Mixture

● Follow directions properly! It is important to add things to the mixture in the right order. If you mix them in the wrong order you may lose a lot of the opportunity to convert the oil-soluble omega-3 into water soluble-omega-3.

● Keep the Flax seed oil refrigerated.

● Immersion blender is a must.

● The mixture can be flavored differently every day by adding nuts and fruits preferably organic such as pecans, almonds or walnuts (not peanuts), banana, organic cocoa, shredded coconut, pineapple (fresh) blueberries, raspberries, cinnamon, vanilla or (freshly) squeezed fruit juice.

● Consume immediately for best results.

Watch our video on FOCC
https://www.youtube.com/watch?v=EopPbvNrkqI&t=17s

10 AM Vegetable juice

Freshly squeezed vegetable juice from carrots, beets, celery, tomato, and radish, lemon as well as green vegetables - stinging nettle, lettuce or spinach. Apple is added to sweeten and enhance the taste. Carrot & beet juices are especially helpful to the liver and have strong cancer fighting properties. Vary vegetables. Some tasty and nutritious combinations are beet and apple juice, carrot and apple, carrot and beet, asparagus and apple, celery and apple, celery and carrot. Beet juice should not be taken alone. If taken alone it may cause red or pink urine (beeturia).

She also frequently recommended the following juices:

1. Nettle juice - Especially in the spring, Dr. Budwig recommended to puree nettles with water and a lemon.

2. Radish juice - For this, a radish is first crushed and then thrown together with a lemon into the juicer. This juice is by the way durable for several days and Dr. Budwig has sometimes recommended her patients to drink a small quantity of them every day.

3. Coltsfoot juice - For this juice, with the exception of the harder old rootstock, the entire remaining underground shoot is mixed with a few flowers and some milk and honey.

4. Horseradish juice - Mix 3-5 cm horseradish together with an apple and (raw) milk. Depending on the quantity of milk you can change the taste. Dr. Budwig recommended this juice above all to workmen and to stimulate the appetite. Freshly pressed means, by the way, that you drink the juice within 5 minutes after pressing. In some cases, Dr. Budwig prescribed a second juice 30 to 60 minutes later.

12:15 PM Lunch

Salad Platter: Salad plate with homemade cottage cheese-Flax seed mayonnaise. As salad also use: dandelion, cress, celery, tomato, cucumber, lettuce, radish, cabbage, broccoli, green horseradish and pepper.

Delicious mayo salad dressing can be prepared by mixing together 2 Tbsp (30 ml) Flax Oil, 2 Tbsp (30 ml) milk, and 2 Tbsp (30 ml) cottage cheese. Then add 2 tablespoons (30 ml) of Lemon juice (or Apple Cider Vinegar) and add 1 teaspoon (2.5 g) Mustard powder plus some herbs of your choice. Other alternative dressing can be made by mixing Flax Oil, lemon juice, Mustard and some herbs (Budwig, The Oil-Protein Diet Cookbook, 1994).

Main Course: Vegetables cooked in water, then flavored with Oleolox and herbs possibly with oatmeal, soy sauce, curry etc. Vegetable broth flavored with a little Oleolox and yeast flakes. As side dish for the vegetables: buckwheat, brown rice, millet or potatoes can be used. One or two slices of Ezekiel bread can be taken. Use lot of dried fruits in the main meal also.

Lunch Dessert: Cottage cheese/ Flax oil mixture served as a dessert, prepared with dry fruits and fruits such as apple, or poured over a fruit salad. You already know how to prepare it perfectly. You will find wonderful recipes for a delicious dessert in the Oil-Protein cookbook by Budwig. Please note that the dessert is **"a must"** and should definitely be eaten. So keep your main course light so you may enjoy the dessert happily.

The form of preparation as "fruit foam," "Linovita" or "red coat in the snow" (in Oil-Protein cookbook) is always welcoming for the healthy and the sick. In all the gimmicks in the preparation of the delicious desserts, one should be aware: Quark and Flaxseed give the patient immense power within a short space of time. Always fresh and beautiful, always freshly interesting, this important food for life should be for the sick and for the whole family.

3 PM Fruit juices

In the afternoon, Dr. Budwig recommended different kinds of fruit juices e.g. apples, grapes, cherries, pineapples, papaya, or apricot, sparkling wine or wine - with or without Flaxseeds or with or without a few drops Flaxseed oil.

Budwig preferred papaya juice and recommended her patients to drink at least every 2 days a glass of papaya juice. The main reason for this was definitely the protein splitting enzyme papain.

6 PM Dinner

The evening meal should be light and served early, around 6 p.m. A warm meal may be prepared using brown rice, buckwheat or oat meal. Never consume corn or soy beans. Dishes made with buckwheat grouts are most easily tolerated and nourishing. Use only honey to sweeten. Soup or more solid dishes can be combined with a tasty sauce according to preference. Use OLEOLOX liberally also to sweet sauces and soups, making them nourishing and a richer source of energy.

8:30 PM

A glass of organic red wine may be consumed. All things are a matter of correct dosage. This glass of red wine is not a "must" program. In fact, seriously ill patients having pain and discomfort just starting on the oil-protein diet, it is recommended to serve a glass of red wine mixed with freshly ground Flax seeds to tide them over while going off pain killers (Budwig, Cancer The Problem And The Solution).

METRIC CONVERSION TABLE	
10 g = 0.35 oz	5 cc = 1 teaspoon
100 g = 3.5 oz	15 cc = 1 tablespoon
150 g = 5.25 oz	30 cc = 1 ounce
250 g = 8.8 oz	250 cc = 1 cup
454 g = 1 lb	960 cc = 1 qt
Oz = ounce lb = pound qt = quart Tsp = teaspoon Tbsp = tablespoon	

Precautions

Drink filtered water - Use RO (Reverse Osmosis) water for drinking, cooking and enemas.

Eat Organic Diet - Always try to eat organic food.

Dental Care -

Mercury is a Carcinogenic as well as a Poison! The root canals of dead teeth are full of bacteria that attack the liver and lymphatic system. From Amalgam fillings the mercury slowly leaks out of the filings. The ADA cleverly defends the use of amalgam in spite of the fact that there is sufficient evidence that patients with many severe problems, including psychotic episodes and fatal allergic reactions, were just cured by removing the amalgam. It is advisable to rather have a ceramic filling than be slowly poisoned by mercury. Even gold filling is dangerous; it acts as battery producing electrical current. Be informed that the effect of drugs, including poison, is dose dependant and cumulative.

Fluoride is not only toxic but it is also carcinogenic. Fluoride has never been proven to prevent tooth decay. It has been outlawed in many countries or groups of countries because the evidence is

overwhelming that fluoride causes premature aging, so drink bottled water and use fluoride-free toothpaste (American Cancer Institute - 1963).

I highly recommend helping you avoid fillings in the first place. Holistic dentist recommend 3% H_20_2 as a gargle or rinse, or making a paste using baking soda. H_20_2 usage three times a day is advised. It is great for cleaning dentures, too.

Frying and deep frying -

Frying and deep frying is not allowed to cook patient's food. Never heat any oil in the kitchen. By heating oils the wealth of high energy electrons is destroyed and Trans fats and dangerous toxic chemicals such as acrylamides are formed in the oil. Boiling and steaming are good practices. You can fry vegetables etc. in water and add oleolox before serving. Water is the safest medium for frying, says Lothar Hirneise.

Chemo and Radio –

Chemotherapy is aimed at destruction of the tumor, and it destroys many living cells, and the entire person. Anything that disturbs growth is fatal because growth is an elementary function of life. We cannot achieve something good with bad tools.

Dr. Budwig rejects Chemo and Radiation Therapy. Budwig used to say with full confidence and clarity, "My treatment targets on the real cause of cancer; it fills cancer cells with high energy pi-electrons and attracts oxygen into the cells. And cancer cells start to breathe and produce vital energy."

Man-made Supplements -

With this treatment man-made antioxidants, synthetic vitamins and pain killers should not be given. The dose of anticoagulants and aspirin should be adjusted by your doctor. Dr. Budwig favors natural, herbal and homeopathy instead of man-made and synthetic supplements, vitamins and pain killers (Budwig, Cancer The Problem And The Solution).

Prohibitions of Budwig Protocol

In this protocol there are certain restrictions. They are as important as the diet itself. It is very difficult to defeat the cancer without strictly following these rules.

Sugar is strictly forbidden

Sugar, Jiggery, molasses, maple syrup and artificial sweeteners like xylitol, aspartame are not permitted. You can use only natural honey, stevia and fruit juices – all off course unprocessed.

Avoid meats, eggs and fish

Meat, fish, poultry, eggs, and butter are never allowed. Preserved meat is like a poison. It is highly processed and treated with dangerous antibiotics, preservatives and nitrates.

Stop using Hydrogenated Fat and Refined oil

You can never eat pizza, burger, fast food, fried food, biscuits etc. as they all are made by hydrogenated margarine and shortenings. Hydrogenation is a very dangerous process, used to increase shelf life of fats. In this process (oil is heated at very high temperature and hydrogen is passed through oils in presence of nickel) killing Trans fats are formed, high energy live and vital electrons are destroyed and nutrients are damaged. Hydrogenated Fats is just a dead, nutrition-less and cancer causing liquid plastic. Budwig always preached against these damaging fats. She has allowed low fat cheese, oleolox and coconut oil.

Preservatives and Processed Food

You should not eat Potato chips, soft drinks etc. which are full of preservatives, additives and artificial colors. Never consume highly processed food e.g. ready to eat packed foods, pasta, pastries, bread and soy products, tofu etc. However good quality soy souse is permitted.

Microwave, Teflon, Aluminum and Plastic

Never cook in microwave oven. Food cooked in microwave become toxic and deformed. Also don't use aluminum, plastic, Teflon coated cookware and aluminum foils. Use stainless steel, iron, china clay or glass utensils instead.

Chemicals and pesticides are not allowed

Avoid pesticides and chemicals, even those in household products & cosmetics. Stay away from mosquito repellants, sun screen lotions and sun glasses.

Wear natural fibers

Don’t wear clothes made using synthetic fiber like nylon, polyester and acrylic. Budwig put great emphasis on the fact that her patients only wore natural fabrics such as cotton or satin, since they too can influence the magnetic field of our body.

Bed

Don’t use on foam pillow and mattress. She recommended horsehair mattresses. Latex mattresses are the second choice. In any case, however, you should always replace mattresses that have metal spring cores.

CRT TV and mobile phones

These emit dangerous electromagnetic radiation, so do not use them. You can watch LCD and plasma TVs.

No left over

Food should be prepared fresh and eaten soon after preparation to maximize intake of health giving electrons and enzymes (Budwig, Cancer The Problem And The Solution).

Go to top

Few Desserts recipes by Dr. Budwig

Fujiya delight

Ingredients

For 3 people
250 cc grape juice, 250 cc pure currant juice,
8g agar-agar, Quark-Flaxseed oil,
Milk, honey, vanilla cream

Preparation:

Heat the grape juice till it boils, then add the currant juice, agar-agar, stirring constantly for 5 minutes, and allow to cool. Now divide this mass to 3 narrow, tall cups, which have been rinsed with cold water. It is preferable if these cups have a bottom diameter of only 3- 4 cm. Refrigerate to cool. Now mix a Quark-Flaxseed oil cream with milk, honey and vanilla. Turn the red jelly upside down onto glass plates. The Quark-Flaxseed oil cream is placed on the top so that only the upper half is covered with the Quark-Flaxseed oil cream, so that top looks like the Snow caped Mount Fujiyama.

(The beautiful hotel with a gorgeous view of the Fujiyama is called "Fujiya", hence the dessert "Fujiya“.)

Linovita-in-love in wine jelly

Ingredients:

For 5 people
250 cc of grape juice, 250 cc of white wine,
8 agar-agar, 4 tablespoons of milk,
8 tablespoons of Flaxseed oil, 2 teaspoons of honey,
200-250 g of Quark, 2 liqueur glasses
Vodka, plum (Slibowitz) or cherry brandy or rum

Preparation:

The wine jelly is prepared by heating 250 cc of grape juice till it boils. Agar-agar is stirred with a little wine and placed in the boiling grape juice. Immediately remove from the cooking plate and add the remaining wine gradually with constant stirring. After about 5 minutes, the jelly mixture clears itself. You can now divide to approx. 5 glass bowls or champagne glasses. Immediately afterwards, mix the Quark-Flaxseed oil cream from Flaxseed oil, milk, honey and Quark. Finally, add 2 liqueur glasses of vodka or slibovitz or cherry brandy or rum into the Quark-Flaxseed oil cream. This Quark-Flaxseed oil mixture is evenly divided on the ready to-use bowls so that the Quark-Flaxseed oil cream partly sinks down in the middle. It is served after complete solidification.

*(*Oil-Protein Diet by Lothar Hirneise *available at http://www.hirneise.com/page-8/page-19/)*

Ice cream with cocoa

Ingredients:

3 tablespoons of Flaxseed oil, 3 tablespoons of milk,
1 tablespoon of honey, 100g of Quark, 100 g of hazelnuts,
2 tablespoons of cocoa

Preparation:

Quark, Flaxseed oil, milk and honey are mixed in the blender, then the hazelnuts are added, well blended and finally, cocoa is added to the mixture. Now pour the entire mixture into the ice-maker and place it in the fridge compartment of the refrigerator. This mixture with a nougat flavor gives the various combinations mentioned here the dark color contrast. For very ill people these preparations are very important, especially when there is a general lack of appetite.

*(*Oil-Protein Diet by Lothar Hirneise *available at http://www.hirneise.com/page-8/page-19/)*

Go to top

ELDI oils

Dr. Budwig created unique ELDI oils, called electron differential oils after performing precise spectroscopic measurements of the light absorption in different oils - specifying that the oils contained pi-electron clouds from Flax oil, wheat germ oil plus vitamin-E in its natural complex, etheric oils and sulfhydryl groups.

Dr. Johanna Budwig said, “The sun is my preferred treatment modality, as is ELDI oil, used externally to stimulate the absorption of the long-wave band of the sun. I have used ELDI oils extensively since 1968 for body massage as well as in the selective application of oil packs. US pain institute has written somewhere: “What this crazy woman does with her ELDI oils, none of us manages to do via pain killers.” Dr. Budwig has mentioned that if ELDI oil is not available, you may use Flax oil instead. *You can buy ELDI oils at: www.sensei.de*

Massage Benefits

Since ancient time massage has been part of cancer healing. Think of your lymphatics as a trash-disposal system for your body. Massage initiates lymphatic drainage, you push the trash out of your body and you're helping your immune system.

Massage therapy is sometimes the first really pleasant touch a patient is able to experience.

Massage also releases endorphins (our body's natural painkillers), stimulates lymph movement, and stretches tissues throughout the body. It's energizing, stimulating, and pretty good feeling.

ELDI oil plans:

A: For cancer patients in support of the energy level

1. Full-body rubbings in the morning
2. ELDI oil R enema with 200ml every 2-3 days
3. Wrap at the "place of the happening"

B: For energetically weak patients

1. Full-body rubbings in the morning and in the evening
2. Enema: standard plan for ELDI oil R

3. Wrap at the "place of the happening"

4. Daily liver wrap with ELDI oil sage

Additional information:

- Make sure that you make once a week an (deep/high) enema with water or coffee.
- If you make daily coffee enemas, then start in the morning with the coffee enema and then with the ELDI R enema, but only if your energetic level allows you to make two enemas daily. Otherwise, only make the ELDI R enema. (Oil Protein Diet by Lothar Hirneise)
- ELDI oils from SENSEI (www.sensei.de) are produced in a permanent cold chain in a European oil mill and marketed under the name of Electron Differentiation Oils. There are two qualities. A 6-star organic quality and a 5-star quality, which are produced exclusively for the IOPDF (www.iopdf.com).

Cost factor ELDI oils

Again and again we hear that for reasons of cost, patients use Flax seed oil instead of ELDI oil R for an enema. Please do not do so, because Flax seed oil does not react in the same way as ELDI oil R. Instead, use cheap ELDI oils from IOPDF or reduce the amount of oil.

Procedure

Two times a day, i.e. morning and evening, rub ELDI Oil or Flax oil into the skin over the whole body, a bit more intensely on the shoulders, armpits and groin area (where plenty of lymphatic vessels are present) as well as the problem areas, such as the breast, stomach, liver, etc. Leave the oil on the skin for about 20 minutes and follow with a warm water shower without washing with soap. After 10 minutes take another shower, this time using a mild soap, and then relax for 15-20 minutes.

Once the body has been oiled and the ELDI Oil or Flax oil has penetrated the skin, the warm water will open the skin pores and the oil penetrates the skin more deeply. The second shower, where one washes with soap, cleanses the skin so that clothes and linen will not become overly soiled.

Oil Packs

Take a piece of cloth made of pure cotton. Cut to a size to fit the body part, such as the knee. Soak the cotton cloth with oil, place on the knee etc., cover it with a piece of polythene and wrap it up with an elastic bandage. Leave overnight. Remove in the morning and wash the knee; repeat in the evening. Keep applying the same procedure for weeks, you get good results. You also use Flax oil or castor oil for these local applications if you do not get ELDI oils . Dr. Budwig generally recommended ELDI sage and should be used in the following indications:

Tumors

Painful skin areas

Metastases

Hepatic impairment and liver support

Kidney problems

Bladder disorders

Intestinal cramps

Lung disorders

Bone disorders of all kinds

ELDI Oil Enema

Enemas are used in the Oil-Protein Diet exclusively for the energy intake and not for the purification of the intestine. Dr. Budwig used to give ELDI oil or Flax oil enema to her serious patients. Budwig used to get immediate and miraculous results with the most seriously ill patients. Flax seed Oil enema also give similar results.

I recommend you to make the first enemas only with 100ml and then increase over several days to 250ml. Some patients have enemas with 500ml oil and positively reported on it. 500ml are however the absolute exception and mostly not necessary. Usually 250ml suffice.

Incidentally, smaller amounts are also easily introduced with an enema syringe instead of with an enema bucket. Enema syringes are available in sizes up to 350ml and are easy to handle.

Standard plan

for ELDI oil R: Day 1 = 100ml, day 2 = 100ml, day 3 = 150ml, day 4 = 150ml, day 5 = 200ml, day 6 = 200ml and day 7 = 250ml.

From the seventh day, one remains at 250ml, and so long until the patient is significantly better. Then you can go back to 100ml - 150ml, always together with 1-2 daily whole body rubbings. (Oil Protein Diet by Lothar Hirneise)

Ingredients

Enema pot

Watch

A bowl to collect oil when you are getting rid of bubbles.

Towel and tissue

RO filtered water

ELDI oil or Flax oil

Towel or Drip Stand

Procedure

Prepare a place near the toilet, so that if you can't hold the enema, you will be making a quick dash and the shorter distance is better.

Cleansing Enema with Plain water

First of all you should take a plain water enema. Purpose of this enema is cleaning of intestines. It is not a retention enema and is evacuated immediately. For this you may use 500-1000ml (2-4 cups) RO filtered water. As soon as the whole water is inside the rectum, go and sit on the commode and release the water slowly.

- Take the oil enema immediately after the water enema
- Use advised (above) amount of ELDI or Flax oil. The oil should be at body temperature. The best test is to dip your little finger into the oil.
- Fill the oil into the enema pot. It takes at least 5 minutes for the bubbles to get out of the tube.

- The enema pot should be hanged on a drip stand about 2-3 feet above your body.
- You need to lubricate the nozzle and anus with Flax oil. When all is ready, lie on your right side in the fetal position. Insert the nozzle into the rectum slowly and carefully with your left hand, and un-pinch the tube.
- If you feel little uncomfortable when the oil is going in, pinch the tube, wait till the feeling passes away, then continue again.
- The oil is much more viscous and moves more slowly. You might need to hold the pot a bit higher to get it to run a bit quicker.
- Once the oil is in, wait and hold it for about 12 minutes. After that slowly turn yourself to left side and hold oil for another 12 minutes. You may listen to music while taking enema.

When done, it is best to sit on the commode for about 15 minutes with something to read (Skelton).

Go to top

Coffee Enema

Dr. Max Gerson introduced coffee enema back in the 1930s. In this enema about 500ml of coffee is pushed into rectum, this amount only reaches up to sigmoid colon. There is no loss of minerals and electrolytes in Coffee Enema because their absorption occurs well before sigmoid colon. Coffee enema is even safe for those who are allergic to coffee because it is not absorbed into the systemic circulation. You may take this enema once or twice. It has the following benefits:

Pain Reliever

Powerful and Natural

Cleansing

Coffee also acts as an astringent in the large intestine, helps cleanse the colon walls.

Toxin Elimination

The major benefit of the coffee enema is elimination of toxins through the liver. Caffeine, theophylline and theobromine dilate the blood vessels and bile ducts, stimulate the liver to discharge more bile and boost the detoxifying process into high gear and heal inflammation. Indeed, endoscopic studies confirm they increase bile output.

Stimulates Liver

Kahweol and cafestol palmitate found in coffee promote the activity of a key enzyme system called glutathione S-Transferase. This is an important mechanism in the detoxification of carcinogens, as the enzyme group is responsible for neutralizing free radicals. Coffee enema stimulates the activity of this system by 600- 700%.

Coffee Enema Procedure

1- This enema is retained for 12-14 minutes, during this time blood circulates in liver three times and blood is purified. Coffee enema can be given several times a day, few patients take up to seven times a day. Normally if pain is not relieved it may be taken more than one time. You should relax while taking enema; you may listen to music or read newspaper while relaxing. The best time for coffee enema is either early morning after you passed motion or during the day time.

2- Grind organic coffee beans. Put approx. 750ml of filtered water in a steal pan and bring it to boil. Add 2-5 heaped Tbsp coffee powder, 3 Tbsp is ideal. It is roughly 20-25grams. Let it continue to simmer for ten minutes or more and then turn off the burner. Allow it to cool down to a very comfortable, tepid temperature. Test it with your finger. It should be the same temperature

as your body's temperature. Filter the coffee with fine mesh steal sieve into a jug. This is approximately 500ml.

3- Pour 2 cups (500ml) of coffee into the enema pot. Be sure the plastic hose is clamped tightly. Now open the clamp and grasp, but do not close the clamp on the hose. Place the enema tip in the sink. Hold up the enema bag above the tip until the coffee begins to flow out. As soon as it starts flowing, quickly close the clamp. This expels any air in the tube.

4- Lubricate the enema tip with a small amount of coconut oil or KY jelly. Create a comfortable and relaxing atmosphere. After a few days you will thoroughly enjoy this ritual.

5- Light a candle, play some light music and most importantly, make sure you are comfortable and warm. We recommend placing a pillow with a washable cover under your head and lying down on a old towel.

6- The position preferred is lying on your back. With the clamp closed hang the pot about 3 feet above your belly. We like to hang the enema pot on a drip stand.

7- Insert the tip gently into anus and open the clamp slowly. You should relax and breathe. The coffee may take a few seconds to begin flowing. If you develop a cramp, close the hose clamp, turn from side to side and take a few deep breaths. The cramp will usually pass quickly. Usually nothing happens.

8- When all the liquid is inside, close the clamp and remove it slowly. Retain the enema for 12- 14 minutes. You may remain lying on the floor.

9- After 14 minutes or so, go to the toilet and empty your gut. Take your time. Wash the enema pot and tube thoroughly with soap and water.

10- Take more potassium in the form of fruits and vegetable juices if you take coffee enema regularly (S.A.Wilsons.com).

Go to top

Epsom bath

Detoxification of your body through bathing is an ancient remedy that anyone can perform in the comfort of your own home. Your skin is known as the third kidney, and toxins are excreted through sweating. An Epsom salt bath is thought to assist your body in eliminating toxins as well as absorbing the magnesium and nutrients that are in the water. Soaking in Epsom salt actually helps replenish the body's magnesium levels, combating hypertension. The sulfate flushes toxins and helps form proteins in brain tissue and joints. Most of all, it will leave you relaxed, refreshed and awakened. Take it once a week or as advised.

Prepare your bath

1- It is a 40 minutes ritual. The first 20 minutes are said to help your body remove the toxins, while the second 20 minutes are for absorbing the minerals from the water

2- Fill your tub with comfortably hot water. Use a chlorine filter if possible.

3- Add Epsom salt (Magnesium sulfate). For people 50 Kg and up, add 2 cups or more to a standard bath tub.

4- Then add 2 cups or more of soda bicarb. It is known for its cleansing ability and even has anti-fungal properties. It also leaves skin very soft.

5- Add 2-3 Tbsp ground ginger. While this step is optional, ginger can increase your heat levels, helping to sweat out more toxins. However, since it is heating the body, it may cause your skin to turn slightly red for a few minutes, so be careful with the amount you add. Depending on the capacity of your tub, anywhere from 1 Tbsp to 1/3 cup can be added (Herneise).

6- Add aromatherapy oils. Again optional, but there are many oils that will make the bath an even more pleasant and relaxing experience (such as lavender), as well as those that will assist in the detoxification process (tea tree or eucalyptus oil). Around 20 drops is sufficient for a standard bath.

7- Swish all of the ingredients around in the tub, and then slip into the tub. You should start sweating within the first few minutes. If you feel too hot, start adding cold water into the tub until you cool off.

8- Get out of the tub slowly and carefully. Your body has been working hard and you may get lightheaded or feel weak and drained. On top of that, the salts make your tub slippery, so stand with care.

9- Drink plenty of water and relax in bed for a few minutes

Soda bicarb bath

Lothar Hirneise has given lot of importance to Soda bicarb bath. It is thought to assist you in eliminating toxins as well as making your body alkaline so your tumor cells may suffocate. Patient may take it once or even twice a day. Just add 2 cups of soda bicarb in your bath tub filled with warm water and relax in it for 30-40 minutes (Hirneise, 2005).

Go to top

Sun Therapy

Getting an adequate amount of sunshine is a critical part of Budwig protocol. Once the body has acquired the right oil-protein balance with the Cottage Cheese and Flax oil, the body develops better capacity to absorb the healing photons from the sun. Remember that for healing of cancer high energy photons from the sun are very important. The sunshine is important to maintain adequate vitamin-D levels in our body. Vitamin-D is a powerful antioxidant that has been linked to preventing many diseases including cancer.

Dr. Budwig's focus was on the importance of photons from the sunbeams and their interaction with vital essential fats (linoleic and linolenic acid) in our body. It is the interaction of photons from the sun and the electrons in proper food that provide the synergistic effect on healing our body. Eating

the electron rich Flax oil/Cottage Cheese mixture, must be connected with adequate exposure to sunlight.

There is nothing else on earth with a higher concentration of photons of the sun's energy than man. This concentration of the sun's energy is very much energetic point for humans, with their wave eminently suitable lengths - is improved when we eat electron rich essential oils, which in turn absorbs the photons in the form of electro-magnetic waves of sunbeams.

When you eat the FO/CC mixture, your body becomes a better antenna for the photons from the sunbeam. Your body develops a better ability to absorb the energy from the sun and Transfer it to your cells to perform their vital functions. You become energized at a deep level, and when this happens cancer is healed itself.

It is red light that penetrates deeper in the tissues. In 1968 Dr. Budwig used 695 nm ruby (red) laser light with success to radiate healthy surrounding cancer tissues in cancer patients.

Go to top

Rebounder

Your body has about 60 trillion cells. The gravitational pull involved in bouncing on a "Rebounder" squeezes out toxins. Then, during the brief weightless period when the body is suspended in the air, the lower pressure in the cell promotes the movement of nutrients into the cells. Bouncing also has a pumping action of lymphatic system. Thus the flow of materials to and from cells is improved. It is like getting every cell in your body to exercise.

Making Cottage Cheese

In some places good quality Cottage Cheese is also not available and you need to make your own. Today I am giving you a very good recipe for home made cottage cheese.

Ingredients

1- 1 liter natural, low-fat cow's milk preferably <2% fat

2- 1/3 cup Vinegar

3- Cold water

Instructions

1- Mix 1/3 cup of vinegar in 2 cups of water and keep aside. Diluted vinegar yields soft cheese. You may also use diluted lemon juice.

2- Boil the milk in a heavy bottomed pan over medium heat, stirring frequently making sure milk does not burn on the bottom of the pan. As the milk comes to a boil, remove the pan from the gas burner and place it on kitchen counter.

3- Now add about a glass of cold water to bring the milk's temperature down to about 75-80 degrees Celsius. We want to curdle the milk at this temperature, so we get a soft cheese.

4- Then add little (about 1-2 Tbsp) diluted vinegar slowly and stir the milk gently. After 10 seconds, add little vinegar slowly and stir the milk. Go on adding vinegar until the curd will start separating from the whey. Remember you should curdle the milk slowly.

5- Once the cheese has completely separated from the whey, add a glass of cold water and drain the whey using a stainless steel strainer.

6- Now Transfer the curdled cheese into a suitable container and blend thoroughly with electric hand blender until you get very smooth and thick creamy cheese. If the cheese is dry, add a little milk while blending. This is your home made cottage cheese.

Watch our video on cottage cheese making
https://www.youtube.com/watch?v=IDQjNrdAHmQ&t=3s

Go to top

Energy Healing

Mild exercise

Patient can do mild exercise and remain active if his condition permits. He can go for a walk or do light yoga in the open terrace or garden under the healing and refreshing sunshine. Patient can jog for a few minutes after lunch or dinner. It is very beneficial for cancer patient. But if patient is serious and has metastasis, he should not jog, better he should relax in his house.

Patient can keep himself busy in many activities like sitting in garden enjoying nature, visualization, listening music, reading, laughing, chatting with friends etc. Stress, depression, anxiety, anger and fear can be very damaging to him. Share your feelings with your life partner or a best friend.

You should try your best to remove stress and negative thoughts and balance the flow of energy "prana" or "chi" in your body. Do meditation, Emotional Freedom Technique EFT, Qigong, Reiki, Acupuncture, Acupressure, Sun Salutation etc. to heal your body, mind and spirit.

Meditation

Meditation is a means of Transforming the mind. Meditation practices are techniques that encourage and develop concentration, clarity, positivity, and relaxation of the body and mind. Do any simple meditation for relaxation. Meditation stimulates pineal gland (*piyush granthi*) to shower

melatonin hormone. Melatonin controls circadian rhythm and induces restorative sleep. Its powerful antioxidant effect offers important enhancements to the brain and nervous system, helping protect against age-related damage. Melatonin is power anti-stress and anticancer hormone.

Yoga Nidra

It is divine sleep with alertness. In 15 minute yoga nidra session, you relax in a fully supported shavasan, limbs limp, breath quiet, thoughts drifting by. In the distance, the teacher's voice blends with the sound of Tibetan bells. All traces of the day fade away, time stops, and stillness washes over the body. Yoga nidra is a systematic method of complete relaxation, holistically addressing our physiological, neurological, and subconscious needs.

How long should you take this protocol?

If all is well patient feels better and tumor start to shrink within a 3 or 4 months, if he follows treatment religiously and honestly. He may be cured in one or two years. **It is recommended that the Budwig protocol and full diet is followed for at least five years.** Even after that he should maintain healthy eating and life style.

Dr. Budwig has clearly mentioned that if you do not get the desired success, do not blame the protocol, rather try to find out your mistakes and correct them. The threshold between winning and losing is very small, and even a minor mistake can unbalance the complete healing process.

Go to top

Juicing for the Budwig Protocol

"Juicing", making your own fresh juices, is one of the important cornerstones of the Budwig Protocol. There is no point in overloading on one fruit or vegetable juice; so try to get plenty of variety in the juices you drink.

Juices specifically recommended by Budwig include carrot, celery and apple, beet and apple, radish, cherry, grape, pomegranate and red currant and stinging nettle.

Mix and combine your juices to taste. Juices are best made with good, fresh and preferably organic fruit and vegetables. They should be drunk as fresh as possible to ensure the vitamins and enzymes are still active. It is always best to press it yourself for that meal.

Nettle juice is rich in vitamin C and always been a folk remedy for cleansing the blood. Almost all fruit and vegetables, leaves such as spinach, chard or watercress or even wheat and barley grass can be pressed.

Questions and Answers

How do I store Flax seed oil?

Generally cool. Best at 5^0-10^0 (Fahrenheit 41-50) in the refrigerator. Always keep the Flax seed oil bottles upright and never lay them down as they may cause faster oxidation.

Should I now buy low fat Quark or Quark with 20% or 40% fat?

Only a Quark with as little fat (less than 2%) is optimal. Quark is about sulfur-containing amino acids. Less fat means more amino acids.

Can Quark be replaced with tofu, yoghurt or soya?

Absolutely no.

Is there an alternative to Quark?

In many books or on the Internet, it is always claimed that there are alternatives to Quark, such as e.g., yogurt, soy or whey protein (which you should never use!). This is wrong. There is absolutely no good substitute for Quark. The only alternative (although it has a slightly different composition like Quark) is Cottage Cheese with as little fat as possible. This should only be used if no Quark is available.

Can I eat cheese?

Basically yes, but in moderation and with the exception of cream cheese and fresh cheese. Only raw milk/hard cheese is permitted. Cheese of sheep or goat is preferable.

Can I eat raisins and dates?

Yes, raisins and dates are allowed in small quantities.

Which fat can be used for frying?

Only coconut fat.

Can I use olive oil?

Theoretically, you can use any organic oils with salad. Dr. Budwig preferred Flax seed oil, pumpkin seed oil, wheat germ oil, poppy oil, and thistle oil are also permitted, but do not heat. Oleolox may be heated for two minutes.

Can I drink coffee?

No.

Can soya and oatmeal be eaten?

Dr. Budwig wrote several times that oat flakes, soy flakes, yeast flakes and other flakes are permitted. But today I just say that you buy only high quality organic "flakes".

Can I eat bread?

Dr. Budwig has recommended her patients to eat no bread during acute tumor phases. Instead, she recommended full-grain rice waffles or Ezekiel bread as an alternative.

Can cows or soy milk be drunk?

No, drinking any milk is forbidden in the Oil-Protein Diet.

Can noodles be eaten?

In the literature of Dr. Budwig nearly always did not allow cancer patients to eat noodles. The reason is that noodles are made of flour, eggs and oil. Flour has the disadvantage that it is basically a fast-digesting sugar and mostly the producers use cheap oils. Energetically speaking, noodles are "not really full with electrons". Unfortunately, you are worsening the already bad adrenaline - insulin ratio of a cancer patient.

Which milk can be used for the Quark?

Dr. Budwig recommended raw milk. Unfortunately these are nowadays difficult to buy anywhere. Alternatively, pasteurized milk is also okay. All other varieties of milk, such as ultra-heat-treated or homogenized (long life or full cream), are prohibited.

Go to top

Budwig Diet & Protocol - In Brief

This is raw organic diet with lot of Flax oil and Juices. Consume only clean or RO filtered water. To get the best results, proper guidance is strongly recommended. Below are brief guidelines of the Budwig Diet you don't have to consume all the foods on this list. This information is from Dr. Budwig's books.

First thing in the morning – One glass of sauerkraut juice, preferably raw & homemade. Raw unheated kraut has enzymes, probiotics and vitamins which help the digestive system, metabolize foods & improve immunity.

Just before breakfast - green or herbal tea

Breakfast – First blend 3 Tbsp. Flax oil, 3 Tbsp. milk and a Tsp real honey; then gradually add 6 Tbsp. Quark or Cottage Cheese and blend. Garnish in layers. Add 2 Tbsp freshly ground Flax seeds n a bowl, then add a layer of crushed fresh fruits, then pour oil cheese mixture and put raw nuts on top. Afterward, if hungry, choose whole grain organic bread, raw vegetables, & quality cheeses such as Edam, Gouda, Emmentaler, Sbrinz or Camembert.

Mid-morning - Homemade vegetable juice (carrots, beets w/lemon or apple, or greens). Homemade carrot or beet juices are very important cancer-fighters.

Before Lunch (especially serious patients) - Champagne with 1 Tbsp ground Flax seeds in small glass of fruit juice. The champagne helps with absorption of the seeds.

Lunch - Salad plate (tomato, cucumber, lettuce, radish, cabbage, broccoli, and pepper) with homemade Cottage Cheese and Flax oil mayo dressing (prepared by mixing together 2 Tbsp Flax oil, 2 Tbsp milk, 2 Tbsp Cottage Cheese and 1 Tbsp lemon juice, add a variety of herbs making the plate most appealing.

Lunch - Main Course Vegetables cooked in water, then flavored with oleolox and herbs possibly with oatmeal, curry etc. Vegetable soups flavored with a little oleolox and nutritional yeast flakes, as side dish for buckwheat, brown rice, millet or potatoes.

Lunch Dessert - Must have 2nd serving of 3 Tbsp. Flax oil and 6 Tbsp. Quark or Cottage Cheese with a little milk and honey, well blended. Add raw fruit, fruit juice, raw nuts, and other flavors you like.

Mid-afternoon - 1 Tbsp. freshly ground Flax seed added to 1 glass of pure fruit juice, homemade.

Late afternoon - Papaya or pineapple juice, 1 glass, with 1 Tbsp Flax seeds freshly ground.

Dinner - Grains alone or grains & beans with vegetables with oleolox, nutritional yeast flakes & spices. Eat buckwheat at least 4 days in a week. Grains & beans combined make a complete protein. Vegetables such as spinach, asparagus, broccoli, & cabbage add nutrition and aid absorption. Dine early.

Late Evening - 1 glass red wine (optional). Go to sleep early - before 10 P.M. if possible.

Prohibitions of Budwig Protocol

- No Sugar, no meat, no eggs, no Butter
- No hydrogenated fat and refined oil

- No soya, corn, peanuts and refined table salt
- No frying, no sautéing, no deep frying
- No preservatives and processed Food
- No microwave, teflon coated and aluminum cookware
- No cosmetics, chemicals and pesticides
- No foam mattress and pillow.
- No nylon, polyester or acrylic clothing, only cotton, silk and wool is allowed.
- No Crt. TV and mobile phones
- No leftover food

Elimination or Detoxification

May include (Remember the Mnemonic - M.Sc. Botany)

- Flax oil massage,
- sun therapy,
- coffee enema and
- **soda bicarb bath,** Epsom salt bath, oil pulling, steam bath, sauna bath, liver, colon and kidney cleansing etc.

Energy Therapies (Remember MTV)

Meditation, Meditation, yoga nidra, positive attitude, system change and deep breathing exercises.

Tumor contract – Tell your tumor that if it grows in size, then you may die, and eventually he also will die. So advise him to become microscopic in size. In return you promise to make some changes in your life so that both of you might live long. If he agrees with your proposal, sign a contract with him immediately.

Visualization – is the most important tool to tap into the power of your imagination to help heal cancer. Remain tuned to your healthy and happy future.

Important and must do therapies with Budwig

- Dandelion root 1 Tsp once or twice a day
- Black seed oil as advised by Maria Hurairah
- Bitter apricot kernels 5 kernels per 5kg of body weight with a Tsp pumpkin seeds
- Essiac tea 30ml to 90ml per day
- Brazil nuts a nut a day
- Nano curcumin 1 cap twice or thrice a day
- Coenyme Q-10 1 cap once or twice a day

- Nutritional yeast flakes

Go to top

Sauerkraut

Sauerkraut is finely cut cabbage that has been fermented by various lactic acid bacteria. It has a long shelf life and a distinct sour taste, both of which result from the lactic acid that forms when the bacteria ferment the cabbage.

SAUERKRAUT
Unlocks the gates of health paradise
Supplies Probiotics that Help Improve digestion
Cures Constipation and heals Stomach ulcers
Beneficial for Weight Loss
Relieves Stress and Improves Mood
Improves Immune Function
Reduces Inflammation
Makes body Alkaline
Fights Cancer
"Carcinomas are incurable except with the treatment with Sauerkraut"
Marcus Porcius Cato the Elder 200 BC
Sauerkraut

History of Sauerkraut

Sauerkraut originated approximately 2,000 years ago in China. It was known as suan cai, a particular type of "pickled vegetable with sour taste", made by natural fermentation of Napa cabbage or Chinese green. The earliest known history of suan cai is the laborers who built the Wall of China got their nourishment from rice and various types of fermented and pickled vegetables including suan cai. It wasn't until 1,000 years later that Genghis Khan plundered China and brought back this recipe to Europe. The Germans gave it the name "sauerkraut", learned to make this from their native European cabbage.

It soon became a staple for seafaring men. It kept well without refrigeration and the vitamin content found in sauerkraut helped keep the ship's crews scurvy free. The famous ship captain, James Cook, once ordered 25,000 pounds of sauerkraut to outfit two ships.

In World War I and II, the slang word "kraut" was used to refer to sailors and ultimately all German soldiers because of a long history of German ships being outfitted with sauerkraut as part of daily food rations to prevent the onset of scurvy.

Glucosinolates - Trump card in Cancer Treatment

To date, more than 475 studies have proved the role of sauerkraut in cancer prevention and treatment. This is due to the three different types of nutrients. These types are (1) antioxidant, (2) anti-inflammatory, and (3) glucosinolates.

Oxidative stress and chronic inflammation are risk factors for cancer, the antioxidant and anti-inflammatory compounds of sauerkraut provide anti-cancer benefits. But glucosinolates are the trump

card with regard to "anti-cancer" benefits. The glucosinolates found in sauerkraut can be converted into isothiocyanate compounds that are cancer preventive for a variety of different cancers.

The body of the cancer patients is always acidic, because the cancer cells constantly ferment the glucose and produce levo-rotating (left rotating) lactic acids. This lactic acids makes our body acidic. You know that cancer cells thrive in acidic environment, but as Warburg discovered, cancer cells cannot survive in an alkaline environment. **It interesting that sauerkraut contains dextro-rotating (right rotating) lactic acids (the good man). This is highly alkaline and neutralizes levo-rotating lactic acids and makes our body alkaline.**

That is why Marcus Porcius Cato the Elder issued a statement - Carcinomas are incurable except with the treatment with Sauerkraut.

Cancer's must do treatment
"Carcinomas are incurable except with the treatment with Sauerkraut".
Marcus Porcius Cato the Elder

Glucosinolates and their Anti-Cancer Thiocyanates

Indole-3-carbinol (I3C) is a benzopyrrole not an isothiocyanate. It is only formed when isothiocyanates made from glucobrassicin are further broken down into non-sulfur containing compounds.

The isothiocyanates (ITCs) made from cabbage's glucosinolates act to protect us against cancer through a variety of mechanisms. In some cases, they help regulate inflammation by altering the activity of messaging molecules within our body's inflammatory system. In other cases, they improve our body's detoxification system and leave our cells with a smaller toxic load. But the bottom line is decreased risk of cancer from consumption of cabbage and its glucosinolates. We've seen one study, from Poland, showing impressive reduction of breast cancer risk in women consuming large amounts of cabbage.

In this context of glucosinolates, isothiocyanates, and cancer prevention, it is worth noting that one of the I3C (the isothiocyanate made from glucobrassicin) can be further converted in the stomach under healthy acidic conditions to diindolylmethane (DIM), which has also been shown to be a valuable cancer-preventive compound.

Other health benefits of Sauerkraut

Sauerkraut is anti-bacterial, anti-viral, anti-inflammatory, reduces free radicals, boosts immunity, reduces cholesterol, improves blood flow, repairs damaged cells and low in calories**.**

Promotes Digestion

Cabbage is notable for its high fiber content. Fiber allows a fluent peristaltic movement, encourages regular bowel movements, and eliminates constipation, flatulence, and excess gas. As cabbage ferments, it produces a broad spectrum of bacteria. These probiotics or good bacteria inhabit inside your gut and serve as the first line of defense against pathogens that may enter through the food we eat.

A cup of sauerkraut alone contains approximately 3 billion colony-forming units. Likewise, sauerkraut contains enzymes that help break down nutrients for better absorption. Since probiotics help reduce inflammation and eliminate pathogens that may reside within your digestive tract, probiotics are beneficial for reducing symptoms brought by irritable bowel syndrome.

Boosts The Immune System

Approximately 75% of our immune system relies on our gut integrity. Sauerkraut's probiotics contributes to the immune system by controlling inflammation and inhibiting immune reactions, both of which are the root cause of so many ailments today.

Probiotics help build up a stronger stomach lining to prevent unwanted substances from leaking into your body that may lead to undesirable immune responses. Moreover, maintaining a healthy gut flora is not only vital in the prevention of bacterial manifestation but also for the production of antibodies. A 100 g serving of sauerkraut contains 24% of your recommended dietary allowance for vitamin C, which is one of the most vital elements for our immune system's continued health.

Promotes Heart Health

Fiber is just as vital for heart health as much as for digestion. It helps eliminate fatty deposits within artery walls; hence, reducing the risk for atherosclerosis, heart attacks, strokes, and other heart problems. Moreover, a 100 g serving of sauerkraut contains 6.6-mcg menaquinone that helps reduce heart disease by preventing calcium deposits in the arteries.

Strengthens Bones

As stated above, sour cabbage contains menaquinone or commonly known as vitamin K, which contributes largely in bone health. Vitamin K produces proteins that facilitate bone mineralization and in the absorption of calcium, which is the foundation of strong bones and teeth.

Moreover, sauerkraut's vitamin C content also plays a vital role in bone health since bone building starts with strands of collagen. Crystallized calcium and phosphorus connects to the collagen for bone formation. The amalgamation of minerals and collagen creates a skeletal frame that can withstand impact.

Boosts Mental Health

The brain and digestive system are connected. What you eat can affect your brain and vice versa. Thereby, eating probiotic-rich foods that promotes healthy gut flora can provide positive effects to the brain. Researchers attributed this to the communication via the vagus nerve, which is affected by the good bacteria present in the gut. Furthermore, probiotics have also shown to sharpen memory.

Helps Fight Stress

Probiotics found in sauerkraut have been found to relieve anxiety, depression, and reduce the likelihood of obsessive-compulsive responses. By contributing to the creation of a healthy gut flora, absorption of mood-regulating minerals such as magnesium and zinc are increased to help fight stress and help induce a happy temperament.

Beneficial of Weight Loss

Eating sauerkraut helps curb food cravings. Studies show that people who regularly consume probiotic-rich foods have a lowered risk for obesity. Since sauerkraut is low in calories and high in fiber, it fills your stomach, provides you nutrition, and prevents you from frequent snacking.

Provides Eye and Skincare Benefits

Sauerkraut is rich in vitamin A, an antioxidant that eliminates free radicals from the body and helps prevent premature skin aging. Likewise, vitamin A is vital in eye health and reduces the risk of cataracts and macular degeneration.

Reduces Inflammation and Allergies

Inflammation is the body's response to harmful stimuli. When inflammation occurs, white blood cells are released into the affected tissues to safeguard your body from foreign invaders. However, inflammation is also the root cause of a majority of diseases. Inflammation, when triggered by autoimmunity, causes more harm than good as it enables your body to attack itself. As soon as your body suspects that it is being harmed by a foreign invader, be it food, allergen, poor air quality, or a new type of cosmetic, it attacks it own tissues instead.

Sauerkraut's probiotics help regulate naturally killing cells that controls the body's inflammatory pathways and acts in response accordingly to prevent unnecessary symptoms and puts off chronic diseases.

The Science behind Sauerkraut Lacto-fermentation

Lacto-fermentation is an anaerobic oxidation of carbs present in cabbage, brought about by the Lactobacilli bacteria (lactic acid-producing bacteria LABs). These Lactobacilli reduce the pH, making the environment acidic and unsuitable for the growth of unwanted bacteria. The goal of making sauerkraut is to provide the best environment for Lactobacilli to grow.

Stages of Sauerkraut fermentation

Sauerkraut must go through three specific stages of fermentation.

Stage One

Leuconostoc mesenteroides initiates sauerkraut fermentation. Since Leuconostoc mesenteroides produce carbon dioxide, which effectively replaces the oxygen in the jar, making the environment oxygen-free. When lactic acids reach between 0.25 and 0.3%, Leuconostoc mesenteroides bacteria slow down and die off, but enzymes continue to function. This stage lasts between one and three days, depending on temperature.

Stage Two

Lactobacillus plantarum and Lactobacillus cucumeris continue the ferment until lactic acid level of 1.5-2% is attained. High salt and low temp inhibit these bacteria, so I hope you didn't over-salt your cabbage. This stage continues for 10-30 days, depending on temperature.

Stage Three

Lactobacillus brevis (may be Lactobacillus pentoaceticus also) finish off the ferment. When lactic acid reaches 2-2.5%, they reach their max growth and the ferment is over. This final stage lasts under a week. When no more bubbles appear in the jar, your sauerkraut is ready.

Factors affecting Lacto-fermentation

Although the process is simple, and will complete well if the right amount of salt added, there are some factors that influence how sauerkraut will turn out. These are follows:

Brine level

Bacteria that may spoil sauerkraut will have the upper hand if you have an insufficient level of brine. Too low level of brine allows the undesirable aerobic bacteria and yeasts to grow on the surface. This can cause bad-flavors and discoloration of kraut.

Oxygen

Lactobacillus plantarum, the primary bacteria responsible for Stage Two, works best without oxygen. Presence of oxygen will promote mold formation, allows pink yeasts to grow and could result in soft 'kraut.

Temperature

The ideal temperature to make perfect sauerkraut is 18-24 degrees Celsius. It is very important to maintain this temperature during fermentation period. Temperature also affects enzymes, which are destroyed once the temperature has risen to 45 degrees. Maintain the right temperature.

Salt

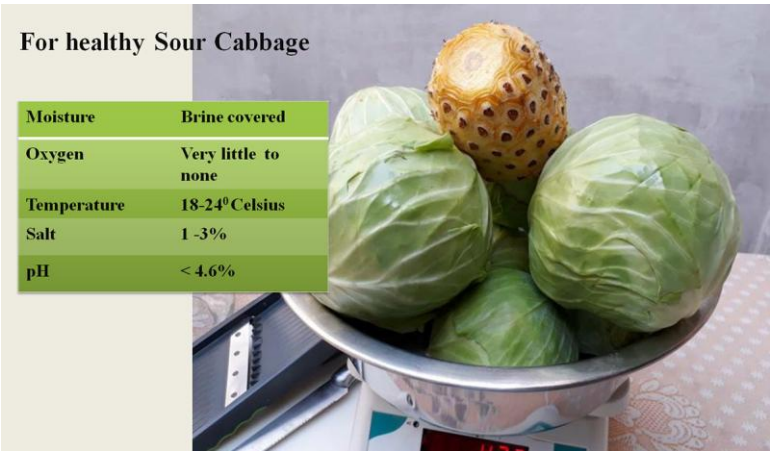
Use only iodine-free rock salt at a ratio of about 1 to 3% and mix thoroughly. Much more than this and the Lactobacilli can't thrive, less than this may promote yeast and mold formation.

pH

Since sauerkraut has a pH of 4.6 or lower, it is acidic. The acidic environment will not permit the growth of bacterial spores and thus is resistant to spoilage.

Lactobacilli thrive in an acid environment, but so can molds and yeasts. But always remember that you should keep the oxygen out in order to prevent mold and yeast formation. Yeast and mold both need an oxygen source to thrive.

How To Make Homemade Sauerkraut in a Fido Jar



Ingredients

- 6 Kg green cabbage preferably organic
- Rock salt or Kosher salt
- Caraway seeds one table spoon
- Fido Jar 5 Liter

Instructions

- Peel any unsightly outer leaves off the cabbage and chop off the stem, and then cut in half. Core the cabbage then cut into quarters.
- Using a sharp knife or a slicer/shredder, shred the quarters of cabbage into 1/8 inch strips and place into a huge mixing bowl (make sure you weigh the bowl ahead of time so you can subtract that out to calculate the final weight).
- Weigh the cabbage and calculate how much salt you will need, ideally 1.5%, recommended quantity of salt is 1-3%. Measure out the correct amount of salt and put it in to a small bowl. Then

add the salt to the cabbage, a little at a time while mixing thoroughly. What you are trying to do here is distribute the salt evenly. You don't want to have pockets that are over salted or under salted.

- Once it is fully salted, let sit for about 10 minutes.
- Now comes the fun part. Squeeze, massage, and pound your cabbage for 10 minutes or so. This will cause the cabbage to release its water and create a nice amount of brine.

Now Transfer the cabbage to your Fido jar, smashing it down as you go to pack it really tight. Fill nearly to the top. I like to get the cabbage packed to the start of the neck of the jar and then have about an inch or more of brine covering then maybe an inch of airspace between the brine and the lid.

- Seal the jar and wash off any stray pieces of cabbage or brine that may have soiled the outside during the filling process. Place the jar on a wide rimmed plate and store in a dark closet or cupboard. In the first few days more water might release from the cabbage and the CO_2 build up will likely cause the cabbage to heave upwards and some brine will push out through the air locked lid. This is all normal and the reason you really need that plate.

- In hot countries like India, it is very difficult to maintain the proper temperature. We have developed a special technique for this issue. You can keep your Fido jar in a water filled clay plant pot. Water will remain cold in the clay pot and thus will maintain the right temperature in the jar.
- Wait at least 20 days and up to 8 weeks, one month time is ok.
- Enjoy eating your awesome homemade sauerkraut and then store in the fridge.

Watch the recipe of Sauerkraut at You tube

Go to top

Joy of the Mountain - Oregano Oil

Wild Oregano (Origanum Vulgare) is a perennial herb that has purple flowers and spade-shaped, olive-green leaves. The whole plant has a strong, peculiar, fragrant, balsamic odour and a warm, bitterish, aromatic taste, both of which properties are preserved even when the herb is dry. The oregano sold as a spice is either Sweet Marjoram (Origanum majorana) or Mexican Sage. Dr. Cass Ingram's book, The Cure is in the Cupboard, describes how oregano can reverse numerous ailments.

There are over 40 oregano species, but the most therapeutically beneficial is the wild oregano or Origanum vulgare that's native to Mediterranean mountains. To obtain oregano oil, the dried flowers and leaves of the plant are harvested when the oil content of the plant is at its highest, and then distilled.

The ancient Greeks and Romans have a profound appreciation for oregano, using it for various medicinal uses. In fact, the name Origanum is derived from two Greek words, oros (mountain) and ganos (joy) – literally means joy of the mountain. It was admired as a symbol of happiness, and it was an ancient tradition to crown brides and grooms with a laurel of oregano.

Wild Oregano Oil
R V Essential +91 9999470955
Pure Oregano Essential Oil
Origanum vulgare
Relieves pain as effectively as morphine

Composition

Wild Oregano contains 41 antibacterial, 31 anti-inflammatory, 26 antiviral, 26 antifungal, 22 antiseptic, 6 antiparasitic, 28 antioxidant, 6 immunostimulant and 4 COX-2 inhibitor elements.

Carvacrol (a type of phenol) is one of the strongest and most effective multi-spectrum antibiotics known to man, killing 90 different pathogenic microorganisms, such as candida albicans, staphylococcus, E. coli, campylobacter, salmonella, klebsiella, the aspergillus mold, giardia, pseudomonas, and listeria.

Thymol - a natural Cox-2 inhibitor and fungicide with antiseptic properties. It boosts immunity, protects against toxins, and even prevents tissue damage and encourages healing.

Terpenes – powerful antibacterial.

Rosmarinic acid – an antioxidant and helps in treating allergic asthma, cancer and atherosclerosis. It is also a natural antihistamine that reduces fluid buildup and swelling caused by allergy.

Naringin - inhibits the growth of cancer cells and boosts the antioxidants in oregano oil.

Beta-caryophyllin (E-BCP) - this substance inhibits inflammation and is beneficial for osteoporosis, arteriosclerosis, as well as metabolic syndrome.

Nutrients like vitamins A, C, and E, calcium, magnesium, zinc, iron, potassium, manganese, copper, boron, and niacin are also found in oregano oil.

Oregano oil Fights Cancer

Oregano can assist in a holistic cancer treatment. It will not cure cancer alone but in combination with other herbs and therapies, it will boost cancer treatment effectiveness. Carvacrol has the ability to activate the natural anti-inflammatory defense.

Pain Killer

Oregano oil relieves pain as effective as morphine. It even surpassed the ability of conventional drugs to reverse pain and inflammation.

"Less is more" applies to oregano oil

Full strength Oregano oil is too powerful for the internal or even external applications. Dilute it at least 3:1 with any good carrier oil (olive oil or coconut oil). Do spot test before using it in liberal amounts. Dilutions range from 3:1 to 15:1 depending upon the specific use. Do not use in vagina, anus, sensitive skin areas or mucous membranes unless well diluted due to heat sensation. Normal adult dose is 2-3 drops (diluted 1 part Oregano oil : 3 parts carrier oil), 2-3 times/day. Under the tongue (mix well with saliva before swallowing) or in 4oz. juice, water or mixed into a Tsp. of honey. Drink 6-8 glasses of pure water daily to flush toxins from the blood.

Go to top

Lothar Hirneise

Great supporter of Budwig Protocol

Eleven years, Lothar Hirneise worked as a trained nurse in the State Psychiatric Hospital in Winnenden. After four years, he took psychoanalysis training. Hirneise was also master in Eastern combat sports and a Kung Fu teacher. He owned a successful sporting goods company, which he sold for a tidy profit in 1986. After a year one of his close friend developed Testicular Cancer. Lothar went in search of information about cancer therapies and came across Lynne McTaggart, the founder of the book and magazine "What Doctor's Don't Tell You." Then he was informed that Frank Wiewel, president of the American organization "People Against Cancer", which operates alternative cancer research since 1985, would come to London. So he went to London with his best friend Klaus Pertl to attend this conference for alternative cancer treatments (early 1997). This weekend his friend died. This was the starting point of his intensive quest for potential cancer therapies. He had time and money and read everything he could get his hands on. He nearly went crazy and was severely infected by a virus called Holistic Oncology. He travelled to Bahamas, Mexico, Russia, China, and the United States and all over Europe.

Frank Wiewel advised him to visit Dr. Budwig who lived only 60 km from his home in Germany. Lothar and Klaus Pertl visited Budwig in the spring of 1998, and from the beginning it was an intense relationship that persisted for a very long time. Over several years he remained in close contact with this great sage of Science. The content of their conversations used to be about fats and electrons. One day she suggested writing a book in which, she could explain her theories again, briefly and concisely. And the Book Cancer - "The Problem And The Solution" was written. Lothar worked very hard in the creation of this great book.

Lothar Hirneise is founder and President of "People Against Cancer", Germany. He is a great researcher and writer on alternative healing. In his book "Chemotherapy cures cancer and the earth is

flat" he puts an "Encyclopedia of unconventional cancer treatments", and summarizes the results of his years of worldwide research together. The book became a best seller within no time. He had successfully treated thousands of cancer patients at his center in Germany (3E Zentrum, Buocher Höhe Im Salenhäule 10, D-73630 Remshalden-Buoch Telefon: 07151-98130).

Tumor is not a problem, but a solution

Lothar Hirneise says: "A tumor is the body's solution to some problem in your body. A tumor forms because someone is no longer producing adrenaline, which is needed to break down sugar. An excess of sugar is dangerous, so the body produces tumors. Tumors ferment or burn sugar. Tumors also use a lot of energy - sugar - due to the fast division of cells. Cancer cells function like liver cells, but much more efficiently. So the tumor helps you to get rid of poisons from your body. Without the tumor you would be really ill. That is why you shouldn't immediately operate to remove a tumor. First strengthen and detoxify yourself. If the tumor still continues to grow - which is almost never the case - you can always operate later."

3E Program

He travels a lot in search of finding most successful alternative cancer therapies. In the last few years he has interviewed several hundred final stage so-called survivors, meaning patients who were in the final stage of cancer and who are all healthy again today. Based on his findings he proposed a 3E Program for cancer.

- Eat well
- Eliminate the toxins from the body
- Energy

He noticed that 100% of all survivors, did the energy work. In approximately - say 80% of all patients, He found a change in diet. And in at least 60% of all patients, took intensive detoxification rituals. This is the basis of his, so much talked about 3E Program for healing cancer.

Diet and Nutrition

He proudly says that he has shaken the hands with hundreds of people, who made extreme dietary change and became well. They are still alive and living a healthy life. If you still believe that Cancer diets are nonsense, go to him, he will prove the opposite. He has interviewed enough patients and knows them personally. Good nutrition naturally means getting energy. He explains that we have three ways and means of getting energy into our bodies.

1. The first is the light. Light is naturally our number one source of energy. He is 100% sure.

2. The second way is organic nutrition. He emphasized strict organic diet; of course, you do not get any energy from a chicken burger. Rather, when you eat this, you lose some energy, which you have to compensate later.

3. Another possibility which you have is let the energy flow in your body, in your meridians and in your thoughts. Think about the feeling you had last time when you were in love. You felt wonderful; you were on top of the sky. But what did it change? Did your DNA change? Did your cell respiration change? Nothing really changed. The Indians would say your chakras were opened and the energy

started to flow freely again. This is the secret, not only to get the energy, but also to let it flow freely. This proves that our thoughts, our mental-spiritual side is too important.

Now back to nutrition. Out of all nutritional therapies of cancer that he had investigated, the Budwig diet is definitely number one. He investigated thousands of patients, Dr. Budwig allowed him to investigate all her cases of the last thirty years, and he concluded that nowhere you find such fantastic cases as with Dr. Budwig, not even remotely. It's amazing. Even patients who were in coma, when received her Oil-Protein Diet, and rubbed so-called electron differential oils (ELDI oils) on the body, did again come out from coma. They were able to eat, walk and live normally today. It is really miraculous. Therefore, her Oil-Protein Diet became the basis of his 3-E Program for cancer patients.

Detoxification

Next important point that he suggests is detoxification. Detoxification actually covers two points.

1. The first is naturally to avoid toxins and poisons e.g. use of cosmetics, toothpaste, etc.

2. And the second point which belongs to detoxification is not to add any toxins in future. The most important point is definitely diet. It doesn't need further explanation. We are ingesting lot of poisons through our diet. Is better not to eat than all this rubbish that one can buy today.

Healthy teeth and gums are phenomenally important. Heat is a very good way to expel poisons. All the parasite cleanses, colon cleansing, ELDI oils, drinking a lot of water is essential. Going out into the sun light, twice daily is very important. You might have listened today that the sun is suddenly bad for you and may cause skin cancer. That is nonsense, forget it. We are all children of the light, we definitely need the light. Even if it's raining and cloudy today go outside. Even if patient is in coma, he must be wheeled out. You should go twice daily into the light. Light increases Vitamin D levels, important for the liver and increases energy levels.

Energy Work

Energy work is the most important point. He divides it into mental and spiritual work. Naturally, you are advised to do meditation and develop positive thinking. You think about life, 'Why do I have cancer and what is the purpose of my life, why am I here on this earth?' and so on. But he focused on something what he called the **SYSTEM CHANGE**. He explains that we all live in Systems. In our marriage, in our house, in our job, etc. Many, many, many of these cancer patients made system jumps. Means that they kicked their husband in the butt and threw him out. They quit their job, they moved, they not only moved their bed, they moved out of their apartment, went to other countries. Quite honestly, I don't know, what should you do? But Lother's experience is that it it's remarkable to what extent people changed their life before they were in a position to get well.

Lothar Hirneise Concludes: "There is no spontaneous remission, there are only people who positively change their life and regained their health that way." (Hirneise, 2005)

Go to top

Interview of Dr. Johanna Budwig

Lothar Hirneise worked with Dr. Johanna Budwig from 1998 to 2003. He explained that there is much more available to cancer patients than just chemo and irradiation. Mr. Lothar Hirneise conducted this great interview in 1998 (Budwig, Cancer The Problem And The Solution).

Lothar Hirneise: What is your fundamental research?

Dr Johanna Budwig: In 1949, I developed Paper Chromatography of fats with Professor Kaufmann, the director of the Federal Institute for Research on Grain, Potatoes and Fat, and my former doctoral advisor, who was also director of the Pharmaceutical Institute. With this technique for first time I was able to detect fats, fatty acids and lipoproteins directly even in 0.1 ml of blood. I used Co 60 isotopes successfully to produce the first differential reaction for fatty acids, and produced the first direct iodine value via radioiodine. I also developed control of atmosphere in closed system by using gas systems which act as antioxidants. I further developed Coloring, separating effects of fats and fatty acids. I too studied their behavior in blue light, red light with fluorescent dyes.

Using rhodamine red dye, I studied the electrical behavior of the unsaturated fatty acids with their "halo". With this technique I could prove that electron rich highly unsaturated Linoleic and Linolenic fatty acids (Flax oil being richest source) were the mysterious and undiscovered decisive fats in respiratory enzyme function which Otto Warburg could not find. I studied the electromagnetic function of pi-electrons of the linolenic acid in the cell membranes, for all nerve function, secretions, mitosis, as well as cell division. I also examined the synergism of the sulfur containing protein with the Pi-electrons of the highly unsaturated fatty acids and their significance for the formation of the hydrogen bridge between fat and protein, which represent "the only path" for fast and focused Transport of electrons during respiration.

This immediately caused an excitement in scientific community. Everybody thought that it will open new doors in Cancer research. I also proved that Hydrogenated fats, refined oils including all Trans fatty acids were not having any vital electrons and thus proved as respiratory poisons. We published this research exclusively in many journals including "New Directions in Fat Research".

Lothar Hirneise: What is the prime cause of Cancer?

Dr Johanna Budwig: In 1928 Dr. Otto Warburg proved that all normal cells require oxygen absolutely, but cancer cells can live without oxygen. It is a rule without exception. If you deprive a cell 35% of its oxygen for 48 hours and it would become cancerous. Dr. Otto Warburg has proved it clearly that the root cause of cancer is lack of oxygen in the cells, which creates an acidic state in the human body.

He also discovered that cancer cells are anaerobic i.e. do not breathe oxygen, get the energy by fermentation of glucose producing lactic acid and cannot thrive in the presence of high levels of oxygen. Long back in 1911 Swedish scientist Torsten Thunberg postulated that sulfur containing protein (found in cottage cheese) and some unknown fat is required to attract oxygen in the cell. This fat plays a major role in the cellular respiration. For nearly half century scientists were trying to identify this unknown and mysterious fat but nobody succeeded.

Lothar Hirneise: How did you develop cancer therapy which is called Budwig Protocol?

Dr Johanna Budwig: During my research I found that the blood of seriously ill cancer patients had deficiency of unsaturated essential fats (Linoleic and Linolenic fatty acids), lipoproteins, phosphatides, and hemoglobin. I also noticed that cancer patients had a strange greenish-yellow substance in their blood which is not present in the blood of healthy people. I wanted to develop a healing program for cancer.

So I decided to straight way go for human trials and I enrolled 642 cancer patients from four big hospitals in Münster. I started to give Flax oil and Cottage Cheeseto the cancer patients. After just three months, patients began to improve in health and strength, the yellow green substance in their blood began to disappear, tumors gradually receded and at the same time as the nutrients began to rise. Thus I had a cure for cancer. It was a great victory and the first milestone in the battle against cancer. My treatment is based on the consumption of Flax seed oil with low fat cottage cheese, raw organic diet, detoxification, mild exercise, Flax oil massage and the healing powers of the sun. I have treated approx. 2500 cancer patients during last few decades. Prof. Halme of surgery clinic in Helsinki used to keep records of my patients. According to him my success was over 90% and this too was achieved in cases where conventional Oncology failed.

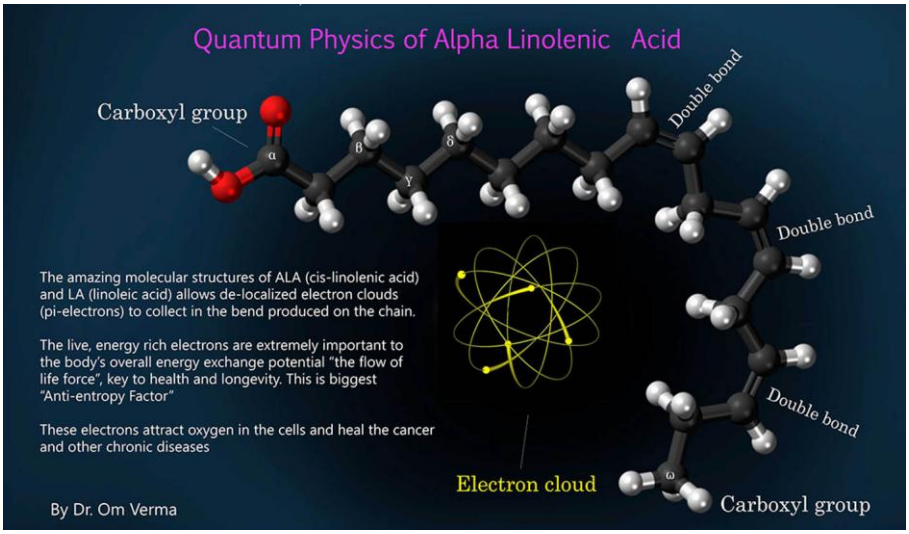
Lothar Hirneise: Can you tell us more about the unsaturated fatty acids and their net-like connections?

Dr. Johanna Budwig: Fatty acid is a carboxylic acid having unbranched chain of 4 to 28 carbons. The saturated fatty acids have primarily short carbon chains. In butter, coconut fat, goat fat and sheep fat the fatty acids consists of 4, 6, 8, 10 or 12 carbons. These fats are saturated, however they can also easily metabolize if the essential fatty acids are present. The unsaturated vital fatty acids really start with the chain with 18 carbon compounds. There are also fatty acids with up to 30 carbons. Fatty acids with 18 carbons, like in Flax oil with the higher level of unsaturation, are more important for human beings, particularly for the brain functions of man. Linoleic acid rich in electrons is considered vital. There is particularly high amount of energy in this double double bonds of the linoleic acid.

This energy wanders and is not fixed in place while in a chemical compound, such as with table salt the energy is fixed. This energy, wandering between electrons and the positively charged protein with sulfur groups is an alternating association process in the electromagnetic field. This is very important. Perhaps you are familiar with the painting of Michelangelo, where God creates Adam (two fingers pointing to each other, however they do not touch). This is quantum physics, here the fingers do not touch. The physicists who I know, Max Planck, or Albert Einstein, or Dessauer all represent the view that man is created by God in His image. You see in being together as human beings there is certainly also a connection without directly touching the other person. The dipolarity with a single double bond in olive oil is weaker than it is in sunflower seed oil, which is has two double bonds. This double double bond is considered to be vital for man. However if the same chain length of 18 carbons has three unsaturated fatty acid double bonds, then the electrical energy is as strong as a magnet. This electronic energy is negatively charged. The positively charged sulfur groups of the protein adhere in the unsaturated bonds where the electrons are and that is where they insert their sulfur-containing compounds.

This produces the lipoproteins. The life process is sustained in the interplay between the positively-charged particles and negatively-charged particles. In this process there is no connection, and this is our life element. If radical damage occurs at this point through fatty acids that has lost electron energy, but rather are cross-linked like a net, then the dipolarity can no longer work actively in this net. This is the deadly effect of free radicals, because instead of the chains with the electron clouds

they interlace like a net without electron clouds, indeed with unsaturated bonds, but without dipolarity. I quickly knew that the triple unsaturated fatty acids, which were called linolenic acid, and which no one had isolated before me, had 18 carbons and that they did not always carry their double bonds at the same point. They have such a strong electronic energy compared to the heavier matter in the 18-link fatty acid chains, that biologically this energy is far greater than it is with the next arachidonic acid with 20 links. The highest electron collection is with the combination of linoleic-linolenic fatty acids in Flax oil. The linolenic acid as conjugated (interaction of neighboring double bonds in the molecule that are separated by a single bond) fatty acid is even more effective and is even more strongly interplay with linoleic acid as it is present in the Flax oil for oxygen absorption. This was relatively easy for me to verify in my experiments. I would like to emphasize this. The combination of double unsaturated linoleic acid with triple unsaturated linolenic acid is particularly well-combined in Flax seed.


Quantum Physics of Alpha Linolenic Acid
Carboxyl group
Double bond
Double bond
Double bond
The amazing molecular structures of ALA (cis-linolenic acid) and LA (linoleic acid) allows de-localized electron clouds (pi-electrons) to collect in the bend produced on the chain.
The live, energy rich electrons are extremely important to the body's overall energy exchange potential "the flow of life force", key to health and longevity. This is biggest "Anti-entropy Factor"
These electrons attract oxygen in the cells and heal the cancer and other chronic diseases
Electron cloud
Carboxyl group
By Dr. Om Verma

Lothar Hirneise: Is it this energy that heals cancer?

Dr. Johanna Budwig: Yes, this energy is now movable and it is easily released. It is precisely this energy that heals cancer, or does not even allow it to occur. If this vital element is present then no tumor can exist. This vital element is a deciding factor in the immune system. There is no effective factor in the immune system other than the essential fatty acids.

Lothar Hirneise: What is an electron cloud?

Dr Johanna Budwig: If the enhancement of electronic energy is always higher through absorption of sun photons in the unsaturated fatty acids e.g. in linolenic fatty acids, then the power of the electrons is so high in the dipolarity between gravity and electrons, that they lifts off of the heavy mass and floats like a cloud hence I called them electron cloud.

Lothar Hirneise: What is the significance of the cloud?

Dr. Johanna Budwig: No life form has as much energy to store the electrons and photons as doe's man. The electronic energy stored particularly in the vital, highly unsaturated fatty acids, is very strong life element for man. Man cannot live without them. If oils are treated with heat and harsh chemicals (during refining and hydrogenation process to increase their shelf life) then the wealth of vital electronic energy is destroyed and Trans fats are formed with net like connections. They are no longer vital fats with 18 carbons, but rather they form cross-links between the fatty acids like a large

net, and are highly damaging to our body, do not adhere with proteins, do not attract oxygen and act like a free radicals. I repeat because it is so important: I have detected particles in oils treated with steam, which indeed have a positive iodine value, but which are highly toxic for man.

Lothar Hirneise: So you preach against these toxic hydrogenated and refined oils?

Dr. Johanna Budwig: I am completely against using these "pseudo" fats - "hydrogenated" or "partially hydrogenated". These are the biggest enemy of mankind. I had scientific proofs. The heart rejects these fats and they are deposited as inorganic fat on the heart muscle itself. They end up blocking circulation, damage heart action, inhibit cell renewal and impede the free flow of blood and lymph fluids.

But it was highly profitable business for multinationals. When I preached against these fats, they stood against me, first they tried to bribe me and when I refused they filed many fake court cases against me. I was working for humanity and had scientific proof. I was like rock of Gibraltar in my decision; I fought and won all the cases ultimately.

Lothar Hirneise: What is your view point about surgery for tumors?

Dr. Johanna Budwig: I am totally against radiation and chemo; I also reject hormonal treatment. Surgery must be considered individually. I am not a proponent of quickly making artificial anus. Conventional oncology no longer does justice to the cancer patients.

Lothar Hirneise: You also studied medicine at the age of 47 years.

Dr. Johanna Budwig: (smiling) Yes handsome! That's right, my opponents were accusing me that how can I treat cancer patients without a doctors degree. This thing pinched me, so in 1955, I joined medical school in Göttingen. There I was using my therapy very successfully in various clinics. I still remember the time I was working late one night in Göttingen, a woman came to me, with her small child whose arm was supposed to be amputated due to a tumor. I treated her and soon the subject of amputation was dismissed and the child quickly did very well.

Because I was still a medical student at this time, I was summoned to appear before the Municipal Court due to a petition that I should be prohibited from studying medicine. I explained the truth in the court. The judge rejected the case and said, "You have done a good job, Budwig. In my area of jurisdiction nothing will happen to you. If it does there will be a scandal in the scientific community."

Lothar Hirneise: What do you recommend for prevention of cancer?

Dr. Johanna Budwig: Consume only Flax oil as oil. I reject frozen and preserved meat. Fresh meat is OK. No frozen food and no bakery products. No Trans fats. Eat organic diet. Oleolox should be used as butter. Prepare fruit juices yourself. Cheese and potatoes are OK. Also the electromagnetic environment (e.g. microwave and mobile phones etc.) in which we live is very important. I reject synthetic textiles and foam mattresses because they steal lot of electrons from you. A lot of wood in home construction and woolen or silk carpets are also important. Wear gemstones, they also have good biological radiation. Books could be written on gemstones. The environment and living conditions must be as biological (organic & natural) as possible. Regular sleep is very important.

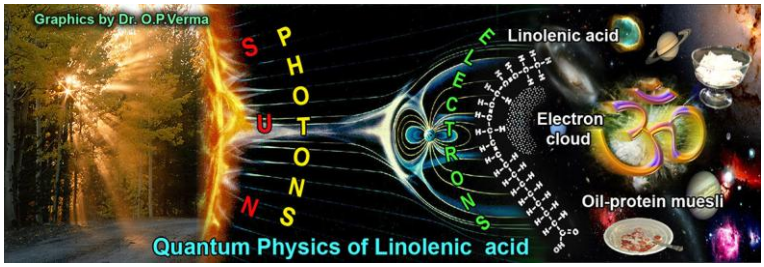
Go to top

Sun, Photons and Electrons

Sun, photons, electrons - What are they?

Sun rays reach the earth as an inexhaustible source of energy. The sources of power in mineral oil, coal, green plant-foods and fruits are based on the energy supplied by the sun's radiation. Light is the fastest traveler from star to star. There is nothing that travels faster than light. Light speeds along with time. Physicists emphasize that the photon, the quantum, the smallest component of the sun's rays is eternal. It is truly a life element. Life is impossible without the photon.

The photon is always in motion. Nothing can ever halt its motion. The photon is full of colors and can change its color, its frequency, when present in large numbers. The photon - acknowledged to be the purest form of energy, the purest wave, always in motion—can unite with a second photon, when it is in resonance with the other, to form a "short-lived particle." This particle, known as "O" particle, can break up into two photons again, without mass, as a pure wave in motion. This is the basis for the wonderful back and forth movement between light and matter. This photon can never be pinned down to one location. This is the foundation for the Theory of Relativity. The photon gave rise to Max Planck's and Einstein's formation of the quantum theory which is of such significance today.



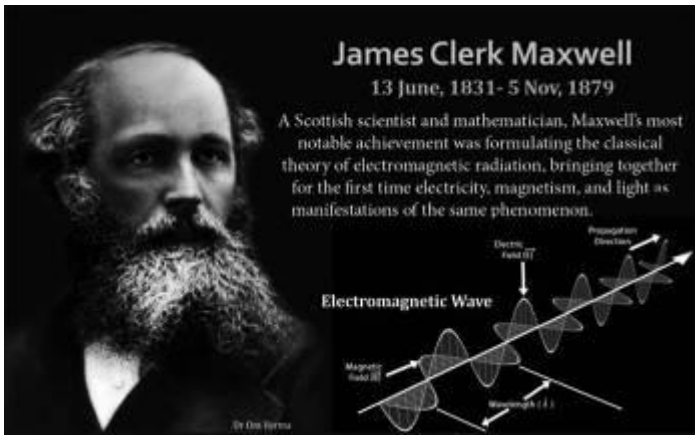
Electrons

Electrons are a smallest particles of matter and are in continual movements. They vibrate continually on their own wavelength. They have their own frequency, like radio receivers which are set at a certain wavelength. The electron orbits in matter around a nucleus. The heavy matter in the nucleus (proton) is charged with positive electricity. In contrast to this, the electron carries a negative charge. The positively charged nucleus and the negatively charged electron attract each other by means of their electrical opposition. But the electron, always in motion, never approaches the nucleus close enough to be drawn out of its own orbit. It maintains a certain freedom of movement within its prescribed orbit.

The electron loves photons. It attracts photons by its magnetic field. When an electrical charge moves, it always produces a magnetic field. The moving photon also has a magnetic field. Both fields, the magnetic field of the electrons and the magnetic field of the photons attract each other when the wavelengths are in tune. The wave length of the photon—which the photon can change—must fit into the wavelength of the orbiting electron so that the orbit maintains a complete wavelength. This feature is extremely interesting in terms of its physical, biological and even philosophical consequences. Matter always has its own vibration, and so, of course, does the living body. The absorption of energy must correspond to one's own wavelength.

Sunbeams are very much in harmony with human. It is no coincidence that we love the sun. The quantum biologists say that the resonance in our body is so strongly tuned to the sun's energy that:

There is nothing else on earth with a higher concentration of photons of the sun's energy than man. This concentration of the sun's energy with their highly suitable wavelengths is improved when we eat electron-rich food. The electrons attract the electromagnetic waves of sunbeams. Flax seed oil contain high amount of electrons which are on the wavelength of the sun's energy. Scientifically, these oils are even known as electron-rich essential highly unsaturated fats. *The famous Quantum Physicist Dessauer writes: If it were possible to increase' the concentration of solar electrons tenfold in this electron-rich unsaturated fats, then man would be able to live 10,000 years.*


James Clerk Maxwell
13 June, 1831- 5 Nov, 1879
A Scottish scientist and mathematician, Maxwell's most notable achievement was formulating the classical theory of electromagnetic radiation, bringing together for the first time electricity, magnetism, and light as manifestations of the same phenomenon.
Electromagnetic Wave

The sun's energy and man as an antenna

Almost everyone knows what an antenna is. The marvelous science of Maxwell, the physicist, concerning electro-magnetic waves today are well-researched and of practical use. Famous examples are telegraphy, radio, television, microwave oven, cell phones and various applications of high-frequency technology in the manufacturing of electromagnets, the atom bomb and research into nuclear power as a source of energy. Maxwell was able to show that an electric current flowing in an electrically conductive matter produces a magnetic field. Also electrically conductive matter which is moved within a magnet's field, will produce a current. When an atomic particle, such as an electron, is accelerated by an electric field, this produces electric and magnetic fields, which travel at right angles to each other, produces electromagnetic wave. These fundamental, elementary laws can also be applied to biological processes.

When the sun shines on the leafy canopy of a tree and is absorbed through photosynthesis, this causes movement in the electrical charge of the electrons. A magnetic field is also brought about when the water in trees rises. When we, with our wealth of electrons and conductive living substance, move through the electro-magnetic field of a forest, then a charging with solar electrons takes place in us. When our blood circulates, there is a movement of the electrical charge in the magnetic fields (for example, on the surface lipids of red blood corpuscles), which then causes much induction and re-induction of energy.

With each heartbeat, a dose of the body's own electron-rich, highly unsaturated fats from the lymph system, together with lymph fluid, goes into the blood vessels and thereby into the heart. This constantly stimulates and strengthens the electro-motoric functioning of the heart; Even the movement of the bloodstream is connected with radiation of electromagnetic waves-in accordance with the fundamental law of nature which governs electro-magnetic waves. This Transmitter within humans is always in action.

This Transmitter is also observed in neurons. The cylindrical structure of our nerves with the different layers and ganglions, with the difference in electrical potential between the neurons and dendrites, immediately supplies the picture of how strongly an electric current in a magnetic field leads to the emitting of electromagnetic waves. When I think a positive thought about another person, this involves the emitting of electromagnetic waves. The reception of thought also depends on the wavelength to which the receiver is tuned. There are amplifiers, as well as Transmitters that interfere. This encompasses a whole host of situations that are known under different names such as telepathy, hypnosis, mental telepathy, and many others.

Among Nordic peoples, it is known that the isolated native inhabitants use a tree to amplify thought Transmission, for example, to inform the husband who had gone to town, that he should bring back some salt. Bismark described how, during periods of trouble or pressure, he found relaxation by putting his arms around a tree and leaning his forehead against the trunk. In both cases, it involves electromagnetic waves that behave in accord with Maxwell's mathematical equations.

Fats Syndrome

The special relationship between photons, electrons and Essential Fats (EFAs) described by Dr. Budwig is due to the amazing molecular structures of LA (cis-linoleic acid) and ALA (cis-linolenic acid). The cis-configuration allows de-localized electron clouds (pi-electrons) to collect in the bend produced on the chain. The resulting electrostatic force enables the EFAs to capture oxygen molecules and hold proteins within cell membranes. Like static electricity in a capacitor these charges can produce measurable bioelectric currents essential to nerve, muscle, heart and membrane functions. EFAs are extremely important to the body's overall energy exchange potential — the flow of life force.

Let us concentrate on the actual fats syndrome with its effects on the brain and nerve functions, the organs of the senses, the secretion of mucous, the functioning of the stomach and intestinal tract, liver, gall bladder and kidneys, the lymph and blood vessels, the skin, respiration, the immunity system, the fertilization processes and sexuality. All of these systems and processes of the human being are very much connected with electron-rich highly unsaturated fats, as receivers, amplifiers and Transmitters of electro-magnetic waves, and as supervisor of the vital functions. *The famous Quantum Physicist Dessauer writes: If it were possible to increase the concentration of solar electrons tenfold in this electron-rich unsaturated fat molecule, then man would be able to live 10,000 years.*

Anti-Mensch

Physicists interpret from mathematical formulae that man, with his wealth of electrons, is directed forward in time, which conceals within him the greatest potential to attract the sun's energy, and is directed against entropy. By means of these mathematical formulae, applied to Physics, and by reversing time, the mirror image of human beings is coined—the "Anti-Mensch", lacking electrons, lacks power and strength and directed into the past. It increases the occurrence of cancer. His thought processes, too—is paralyzed, because the element of life, the sun-attuned electrons, is missing.

The process by which x-rays, gamma rays, atom bombs or cobalt rays are set in motion is also equally directed toward the development of the "Anti-Mensch". The electronic structure of the vital functions is destroyed by such rays. According to Feynman's "World Line Diagram" and modern theory of relativity, time and space have been given a relationship in a formula. The "Anti-Mensch" is

directed into the past. Human's body tissues with its interplay between solar energy photons and large number of electrons, with its concentration of photons in life's activities and in the dynamics of the vital functions, are directed into the future.

But, when people began to hydrogenate the oils to increase their shelf-life; no-one thought about the consequences of this. In this process these vitally important electrons were destroyed. During hydrogenation, vegetable oils are reacted with hydrogen gas at high temperature. A nickel is used to speed up the reaction and unsaturated fats are hardened. This negative aspect concerning the development of the "Anti-Mensch" is in accordance with Feynman's "World Line Diagram". I emphasize that it means the fats and oils which have had their electron structure destroyed serve, within time and space, to promote the development of the "Anti-Mensch".

The electrons as resonance system

The electrons in our food serve as the resonance system for the sun's energy. Their electro-magnetic field attracts the photons in sunlight. The physicist cannot imagine life without these active and vital photons. These photons, which are in resonance with the electrons in seed oils, are focused on the same wavelength as the sun's energy, serve the life element. This interplay of solar energy photons and the electrons in seed oils governs all the vital functions. Fats are the dominant factor for all the vital functions, according to Ivar Bang.

The electrons of highly unsaturated fats from seed oils, which are on the same wavelength as sunlight, are capable of drawing solar energy and storing it, then, upon demand, of activating it as the purest energy in the form of the electrons clouds, and making it available for the vital functions. All the vital functions are closely connected with membrane function. The exchange of electrons, the distribution of energy in the whole organism is dependent on these membrane functions — in the nerve pathways, the brain, in every organ, the liver, gall bladder and pancreas in the stomach's mucous membrane and in the kidneys and intestinal tract. The controlling functions of these membranes with their electro-motoric power, is felt everywhere. This is also true for the respiratory functions, and in oxygen absorption and utilization. It also applies to cell division — to all normal growth processes. It is true for the catabolism of substance in the elimination processes taking place by way of the kidneys, intestinal tract and also for the growth of hair and nails, as well as for the development of young life in the womb. Most significant point is that it is this electronic energy that heals cancer. This turning point in the field of proven successful cancer therapy is only one aspect of much bigger picture of the Quantum Biology. A lot of mysteries and miracles have yet to be discovered by doing research in Quantum Biology.

How can we once more reach the peak of human development?

Freeing you from the influences and effects of radiation and from environmental factors which promote development into the "Anti-Mensch", seem important. These goals, set by the individual who chooses, or by the state and food industries with their organization and planning, should be to see that the food we eat consists of electron-rich nutrition. An electron-rich food intake which supplies us with the resonance system for the sun's energy, must once more achieve priority. Such food, as the life element, promotes our sun-attuned energy. This in turn promotes our development, in space and time, into the future. The entire self can then grow and continue to develop further until, in accordance with the laws of nature which govern light and life, the highest level of our being is achieved. *(Excerpted*

from Dr Johanna Budwig's book "Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases.")

Go to top

Daylight

Dr. Budwig focused upon the importance of daylight to our health. It is not enough to absorb electrons only through food, but it is important that we feed ourselves so that our cells are able to absorb and process the light coming from the sun. The more sickly someone is, the sooner he is "in the house", which can be a catastrophic mistake. Especially when people are already in a very late stage of the illness, they are often not able to eat enough and good advice is then very difficult. In such cases, Dr. Budwig advises to concentrate on the following three points:

- ELDI oils as whole body rubbings and if possible as enemas
- Only freshly squeezed juices and distributed as food throughout the day if possible the breakfast muesli in different variants
- Stay outside as much as possible

You will experience me to explain what to do next. I have been able to see in my life how Dr Budwig's theoretical considerations work when put to practice, if indeed, if they are consistently carried out. If you could experience such a case yourself, and how quickly it can be better for a seriously ill person, you can see Dr. Budwig's words in a very different light.

But other great researchers had also dealt with the subject of light long before Dr Budwig. For example, the anthroposophist Rudolf Steiner wrote, about 50 years earlier that there is a fundamental being of our material existence of the earth, of which all materiality has come only through condensation. Every matter on earth is condensed light! There is nothing in material existence, which is something else than condensed light in some form. Wherever you go and feel matter, you have condensed light everywhere. Compressed light. Matter is light by its very nature. In as much as a man is a material being, he is woven of light. Rudolf Steiner and Dr. Budwig have pointed out in their writings over and over again the importance of light and that we humans are now heliotropes, which need light and use light. But I have nowhere else than with Dr. Budwig so clearly and understandably read, WHY this is and above all, how the charging of the life battery works and / or what importance mainly the linolenic acid or electron clouds play. Because it is so important, I would like to repeat here again: The sicklier someone is, the more he should be in the open." (Oil-Protein Diet by Lothar Hirneise)

Go to top

Visualization - Path to wellness

The visualization is perhaps the most important tool to tap into the power of your imagination to help heal cancer, manage problems or rather achieve anything in your life. Learning to direct and control images in your mind can help you to relax. This may help to

- Relieve stress
- Control some of the symptoms caused by your cancer or cancer treatments
- Boost your immune system to help your body fight off infections and promote healing

Whatever you see around yourself is just a vision in the beginning, For example the cup of coffee you are holding in your hands or the house in which you live today did not exist in the past. Not very long ago there was a thought in your mind that you want to construct a dream house for living. Then you made construction designs and all sort of workup. Our whole life runs on the rails of time and never turns back. This is our time line.

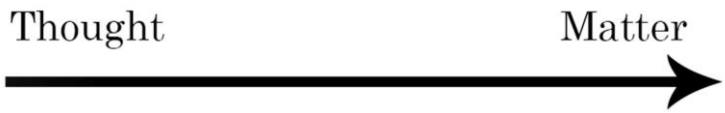
First of all understand that everything around us is just a thought, energy or a wave. It is significant to understand this. Then only you will believe that energy can be converted in to a matter. Just imagine that a hypnotist puts a coin on your palm and makes you believe that it is hot. You feel burning in your palm. You may even have blisters on your palm. Here the temperature of coin just changed through only.

If you have believed that certain thought can change the condition of your body within seconds. Then why not a good thought can heal your tumor. In many studies Visualization trainer Carl Simomton has proved that cancer patients live twice if they follow visualization technique systematically.

Lothar Hirneise, the student of Dr. Johanna Budwig, respects Carl's research too much except a few points. Simomton teaches his cancer patients to visualize that their white cells are attacking cancer cells and killing them. Lothar is against this school of thought. Because in this situation patient focuses on his tumor. But Lothar says that main problem is something else, tumor problem is secondary. Secondly patient thinks of a war with a cancer cell, while Lothar believes that cancer patient needs balance and harmony rather than thinking of a war.

Lothar has interviewed hundreds of cancer survivors and came to the conclusion that cancer patient avoids direct confrontation with his tumor, but wants to remain busy in dealing with healthy and happy future. Though every patient has different approach, but end is same, creating a happy future. Lothar admits that visualization is the single most important therapy in his so much talked about 3E Program. After all if we will not create a healthy future for us then who else will do.

Please, review your time line again and compare it with thought-matter line. You will notice that both lines travel in the same direction and never turn back. You can never change the direction of any line. So start now and create your own happy future yourself.



I am going to discuss Lothar's technique in detail, which he learned from Europe's famous Visualization trainers Jack Black from Glasgow. Jack has taught his Mind Store System to 50,000 people in last few years. He is consultant of many celebrities and several companies. Lothar recommends that every cancer patient should attend seminars of Jack Black or Klaus Partl. Klaus Partl is right hand of Lothar Hirneise and teaches visualization at his 3E Center in Germany.

Initially Cancer patient thinks that the most important job is to destroy tumor. If he gets rid of tumor then he can plan to take some holistic treatments e.g. visualization. This is very bad decision. It is very important to follow visualization techniques as a part of your tumor destruction program.

But How does it work? This word HOW is very important, because it usually prevents us to take right decisions. At this moment don't try to think how visualization shall work, how it is going to destroy your tumor. Time being I just say that try to trust us that it actually works.

In short I just say that you learn how to make your future healthy and cheerful, do not focus on present and past. Lothar says that if you know your past, it is easier to change your future. But your main focus should be to create happy future.

Your dream house where you heal your cancer

To give positive impact on your body and mind, it is very important that you become completely relaxed before you start thinking and visualizing. Relaxation or rather achieving alpha stage is the first step. Alpha means relaxed stage (7-14 hertz waves) of your mind. You can relate it with the alpha waves of an EEG tracing. Then there are beta, theta and delta waves. To reach this state there are many techniques or meditations. Some books and CDs are also available. Even listening classical music, meditation or mild yoga can relax you.

When you achieve deep relaxation, start thinking and visualizing. You start it by walking slowly along the right bank of a river. After a short distance you turn towards right. You see blue sky and

green meadows. There are lot of trees and a very beautiful house with red terrace. (can imagine your dream house)

Now you enter this house. First room is a beautiful bathroom with a shower. You start taking shower. It washes out all your negativity, toxins and dis-eased cells. After taking shower you sit under the sun, the sunshine dries and fills you with energy within a couple of moments.

Now you go to screen room. On the blank wall of this room there are 3 big LCD monitors. You can relax on the comfortable sofa. You can control these screens with a remote control. On the side table of sofa there also lays a universal DVD recorder. Left screen shows your future, right one the past and the central screen shows your present.

Switch on the central screen, it shows your present sickness. Accept that many people suffered from this illness, you are not alone. Now switch on the right screen to see if you suffered from similar illness in the past. And if you suffered, then how did you treat it. Usually we don't find solution of current problems in the past. Now you minimize and freeze the past screen with remote control. Also, minimize and freeze the present screen.

Now relax and switch on future screen and try to find a solution to your problems. Now visualize a situation where you look perfectly healthy and your tumor has already dissolved. For example if you suffer from bone sarcoma in your thigh and can't even walk due to this illness; you may imagine that you are skiing in Switzerland. Feel the snow peaks, cold breezes, your friend's laughter, your own respiration sounds. Magnify these images, even increase brightness and contrast, and feel the reflection of these images on your body.

You may go to screen room daily, whenever you get time and see yourself skiing. Now you need not to view central and right screen any more. Directly start left screen, our next job is to record this skiing video on universal DVD recorder. The universal DVD recorder will relay this broadcast to the whole world. Your all nears and dears will know about your dream and start helping you to achieve this. To conclude the session, come out of the house and return to the river. Count up to seven and slowly open your eyes. Take a deep breath. This ends your visualization. Always keep in mind that the end should always be happy for everybody; nobody should be harmed any way.

Renovate your dream house if needed

You can construct some extra rooms in this house, if there is a need. For example you can make a small room for rest and relaxation. If you have some pain then you go to this room to relax for a while. You can also make a meeting room. You can invite here some important person to discuss your problem. For example you can call Dr. Johanna Budwig. You can sit with her, discuss and ask her opinion to solve your problem.

You can also invite your friends and close relatives to celebrate your successful skiing expedition. Imagine you are standing on the dice and narrating your experiences and everybody is clapping. The main essence of the story is that in the end people see you are healthy and cheerful. So that they also help you achieve your healthy and happy future. One question is very frequently asked is that how many times you should go to this house. Lothar says that there is no fixed rule but whenever you get time you should visit this house, may be twice a day. If the problem is serious then it is better you go there several times a day.

Visualization wonderfully brings positive changes in your health. It costs nothing but works 100%. You can use this treatment to heal your cancer, make your life happy and cheerful or even to just become a millionaire (Hirneise, 530).

Tumor contract

Tumor contract is an agreement between you and your tumor so that both of you may lead a healthy and longer life. It really looks funny, to make an agreement with your tumor. But you might have done lot of things in your life even crazier than this.

When you are told that you have a cancer, you become worried and depressed. You develop fear that you are going to die very soon. You want to abuse your tumor. But don't do that. Better you talk to him peacefully; after all your tumor is a part of your body. Explain him that if he grows like this, you may die one day and then he also dies. Explain this thing very clearly to him. I am sure that he too shall be frightened after listening this. He may ask you to find a solution for this problem. Tell him that both of you can only survive if he becomes microscopically so small that he is no longer detected in any scan or investigation. To achieve this you also have to make some changes in your life. If he agrees, prepare the agreement documents and get signed immediately. In the preface of the contract mention the changes you are going to make in your life.

Please take this contract very seriously and follow it 100%. This is very important; otherwise tumor will not keep his part of the contract. Mr. Lothar Hirneise has got extremely positive experiences with this therapy, and the more he work with it, the better he understands the ingenious processes that occur in a person when he makes such a contract with his own cells. .

I just want to explain to you that tumors are not a second ego. They are a part of you, but for some reason, they have been severely neglected. It is a kind of situation in a large family, where one member does not get enough attention and he does a mischief to draw attention of other members. The tumor does the same thing. He creates its own attention by growing rapidly.

Below I am giving a sample contract which you should just fill out, after you have completely read this chapter. Keep this contract under your mattress and sleep over it at least a few nights. Then you can keep it in your cupboard. This contract gives very good results if you take it seriously (Hirneise, 517).

Tumor Contract

The following is agreed between
Tumor and all distant metastases or cell changes
(The TUMOR)
And
(yourself CONTRACT PARTNER)

Preface

Both parties obligate themselves to conclude a contract which describes in detail what each party will undertake so that they jointly can live longer in health and happiness.

(1)

TUMOR agrees that it will become microscopically so small that CONTRACT PARTNER will no longer be consciously aware of it, or that other disorders are not caused by TUMOR.

(2)

CONTRACT PARTNER obligates himself to execute the following changes in his life:

……
……
……
……
……
……
……
……
……
……
……
……
……
……

Signature

CONTRACT PARTNER

(3)

Severability Clause

Should compliance with for one or another of the provisions of this contract become impossible - for any reasons beyond the control of either party - then also the contract will still remain in action and both parties will look for a solution which most nearly approaches the original intention. This contract will be analyzed after 3 months at the latest, and it will be extended for an additional 3 months. These extensions will take place for at least 10 years but cannot be cancelled by either partner.

Signature	Signature
TUMOR	CONTRACT PARTNER

Place

Date

Evidence (1) Name:

Address:

Evidence (2) Name:

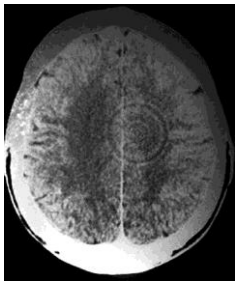
Address:

Go to top

Unresolved trauma or shock

An important cause of cancer

Germany's famous Surgeon and Cancer Specialist Dr. Ryke Geerd Hamer was studying psychological aspects of cancer and treatment since ten years. He examined and tested over 40,000 cancer patients. He was amazed that why cancer of an organ does not spread to neighboring organ, e.g. he never saw cancer cervix and cancer uterus in a same patient. He also noted that each of his cancer patients suffered a psychological stress or shock during last 3 to 5 years prior to diagnosis and he was not able to come out of that trauma (Puna Wai Ora Mind-Body Cancer Clinic , 2006-2014).



Each patient of Dr. Hamer also underwent CT scan of the head and in all cases he noticed some dark shadow or concentric circles somewhere in the brain. These dark circles would be in exactly the same place in the brain for the particular types of cancer. There was also a 100% correlation between the location of dark circles in the brain, the location of the cancer in the body and the specific type of unresolved conflict. It was very astonishing. Opponent radiologists said that the spots in the CT scans were machine errors (Artifacts). But Siemens Company which made the machine also admitted that these spots are not Artifacts (Hamer).

Thus Dr. Hamer concludes that when we are in a stressful conflict which is not resolved, the emotional reflex center in the brain which corresponds to the experienced emotion (e.g. anger, frustration, grief) will slowly break down. Each of these emotional centers are also connected to a specific organ. When a centre breaks down, it starts sending wrong signals to the organ it controls, resulting in the formation of deformed cells in the tissues, cancer cells. He also suggests that metastasis is not the SAME cancer spreading. It is the result of new conflicts that might be brought upon by the very stress of cancer diagnosis or of invasive and painful therapies.

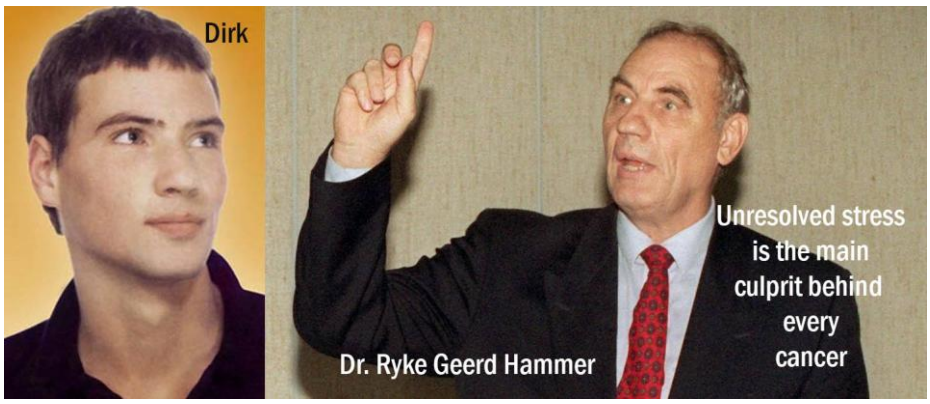
Dr. Hamer started to give psychotherapy to his patients along with the treatment. He felt that as soon as psychotherapy shows its effect, the patient is out of this shock (Psychosomatic), cancer cells stop multiplying and the dark circles of brain start to disappear instantly. X-rays of the brain now showed a healing edema around the damaged emotional centre as the brain tissue began to repair the affected point. There was once again normal communication between brain and body. A similar healing edema could also be seen around the now inactive cancer tissue. Eventually, the cancer would become encapsulated, discharged or dealt with by the natural action of the body. Diseased tissue would disappear and normal tissue would then again appear.

This way Dr. Hamer proved that unavoidable stress or conflict is the cause of cancer and other diseases. The paragraph below shows different psychosomatic trauma or shock and the corresponding cancer it causes.

Organ affected by Cancer and Type of Stress connection

Bone - Lack of self-worth, inferiority feeling
Bladder - Ugly conflict, dirty tricks
Breast, right - Conflict with husband or partner
Breast, left - Conflict concerning child, home, and mother
Cervix - Severe frustration
Colon - Ugly indigestible conflict
Esophagus - Cannot have it or swallow it
Lung - Fear of dying or suffocation, including fear for someone else
Kidneys - Not wanting to live, water or fluid conflict
Liver - Fear of starvation
Testes and Ovaries - Loss conflict
Breast milk gland - Involving care or disharmony
Breast milk duct - Separation conflict
Intestines - Indigestible chunk of anger
Uterus - Sexual conflict
Gall Bladder - Rivalry conflict
Adrenal cortex - Wrong direction, gone astray
Larynx - Conflict of fear and fright
Bronchials - Territorial conflict
Skin - Loss of integrity
Prostate - Ugly conflict with sexual connections or connotations
Melanoma - feeling dirty, soiled, defiled
Pancreas - Anxiety-anger conflict with family members, inheritance
Spleen - Shock of being physically or emotionally wounded
Rectum - Fear of being useless
Stomach- Indigestible anger, swallowed too much
Thyroid - Feeling powerless
Mouth - Cannot chew or hold it
Lymph glands - Loss of self-worth associated with the location

Dr. Ryke Geerd Hamer – A controversial doctor



A great innovative scientist Ryke Geerd Hamer was born on May 17, 1935 in Meltmann in Germany and grew up in Friesland. At 18, he started a medical and Theology studies in Tübingen University, where he fell in love with a medical student named Sigrid Oldenburg whom he married a year later.

He completed his degree in Theology and completed studies of Medicine in 1962 and he got his medical registration in 1963. In 1972 he received the Doctor of Medicine degree in internal medicine and began treating cancer patients in the Tübingen University clinic. He was very intelligent and he made many inventions, including the non-traumatic Scalpel (which was 20 times sharper than the ordinary razor blade), bone cutting saws for plastic surgery and automated massage tables, etc.

He earned lot of money from these inventions and started a clinic in Rome. On August 18, 1978 early morning, a rampaging Italian Prince Victor Emanuel of Savoy shot his son Dirk, who slept unaware in a boat. He was badly injured. Father took care of his son day and night. But on December 7, 1978 Dirk ultimately died in his arms. This was a big shock for the parents. He suffered a loss conflict and after three years he developed cancer in testes. After few months his wife also developed breast cancer. He thought it was the result of the shock of his son's death. Dr. Hamer later named this type of shock, the "Dirk Hamer Syndrome" or DHS.

He researched on cancer patients for many years and proved that each disease is caused by some mental trauma or shock. He experimented on 40,000 patients and based on these experiences, made the five rules of the New German Medicine. The results caused a furor among the doctors but they were not ready to accept these findings. His research did not see any benefits.

Finally, in 1981, he presented his research at the University of Tübingen for verification. He wanted that his research should be taught in medical schools, so that the patient could be benefited by this research. But the university refused to even review his research.

There was deep conspiracy against Dr. Hamer; he was sued in 1986 by the University and court ordered to confiscate his medical registration. Though his research papers could not be denied in the court. But he did not give up and fought for the truth and science for whole of his life. His wife could not come out of son's death agony and eventually died in 1985.

In 1997, he was accused of examining three patients without charging any fee and sent to jail for 19 months as he had no Medical Registration that time. Police took all his research papers and books when he was arrested. His research, study and treatment was so effective that the Public Prosecutor had

to admit in the court that 6500 late-stage cancer patients were treated by him, five years later 6,000 of them were still alive.

September 9, 2004 he was arrested again at his residence in Spain, and sent to prison in France. This time he was accused that some French patients died after they read his book, while he never met and consulted these patients. He was released from prison February, 2006 and in March 2007, he was sent to Sendiyard, Norway. Today he has been living in exile in Norway. This is the price he paid for truly serving the humanity.

Journalists and medical experts portray Dr. Hamer as a quack, a self acclaimed miracle healer, a cult leader, or an insane criminal who denied cancer patients the "life-saving" conventional treatments.

Stages of Cancer Development

Phase 1: Inescapable Shock

Phase 1 starts about 18-24 months prior to cancer diagnosis. This is where the person with cancer experiences an unavoidable and prolonged emotional stress or trauma, affecting deep sleep and the production of melatonin. Melatonin, a hormone produced in the pineal gland of the brain during deep sleep, is essential for inhibiting growth of cancer cell and is the primary hormone which regulates the immune system; particularly production of interleukin-2 which controls white blood cell immune functions and protects against microbial infection. Without enough melatonin cancer cells flourish. Dr Hamer proved that every cancer has a specific psycho-emotional cause and a part of the emotional reflex centre in the brain is damaged due to the prolonged stress. And as each part of the emotional reflex centre in the brain controls and is connected to a particular organ of the body. When the emotional centre in the brain breaks down, the organ it controls gets wrong and incomplete signals, becomes cancerous.

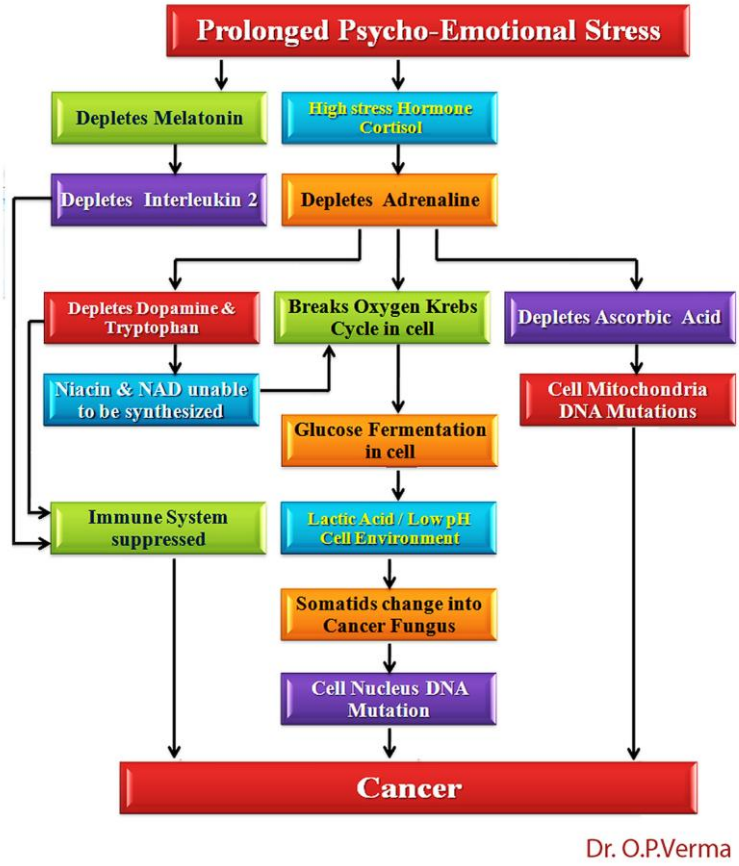
Phase 2: Adrenaline Depletion

In phase 2, stress hormone cortisol levels are raised which deplete adrenaline levels. There are limited reserves of adrenaline in the body and when a person is under constant psycho-emotional stress these reserves are depleted quickly. While insulin helps to shift glucose into cells, the adrenaline is crucial for cell respiration and for converting this glucose into ATP energy for the body and for healthy cell division (which occurs via the metabolic pathway known as Oxidative Phosphorylation and via the Krebs' Citric Acid Cycle in the mitochondria of the cell). Without adrenaline to stimulate production of the GDP molecule (which is essential for mitochondrial cell respiration and glucose conversion), the cells Krebs' Cycle and Oxidative Phosphorylation metabolic pathway is broken and the cell is starts to ferment glucose instead as a means to obtain some amounts of ATP energy (via Glycolysis), which creates lactic acid state in the body and a low pH environment in the cell. This sets the stage for the cancer-fungus to evolve in phase 3 to ferment rising glucose and lactic acid, causing cell mutation.

Phase 3: The Cancer Fungus

In phase 3, somatids (small microorganisms essential for life) that live in our cells pleomorphise into yeast-like-fungus to ferment excess glucose and produce lactic acid in cells (due to the cell fermenting glucose for energy caused by a broken Krebs' Cycle). In a healthy person, somatids have 3 stages in their life cycle – somatid, spore, double spore. However, in a highly acidic low pH lactic acid environment, somatids pleomorphise into a further 13 stages. These stages include viral-bacterial-yeast-like-fungus forms which ferment excess glucose and produce lactic acid in the cell. These fungal

pathogenic forms then shift to the cell nucleus to produce waste products called mycotoxins, inhibits repair of cell DNA and also inhibit the very important tumor suppressor genes. Without this gene p53 which regulate cell death (apoptosis), the cell mutation starts beyond repair, and 'cell-growth regulating' proto-oncogenes turn into oncogenes, causing normal cells to mutate into cancer cells.



Phase 4: Niacin Deficiency

In phase 4, depleted adrenaline (epinephrine) levels cause a depletion of dopamine in the brain. Adrenaline is made by dopamine, and as more and more dopamine is used up during stress, the amino-acid tryptophan creates serotonin to please the depressed mood. This causes a depletion of tryptophan which is required to produce niacin/niacinamide (vitamin B3) for cell respiration. Normally tryptophan converts niacin into NAD coenzymes which are then required by the Krebs' Citric Acid Cycle in the mitochondria for cell respiration, glucose conversion and the creation of ATP energy. Without niacin and NAD coenzymes, the Krebs's Citric Acid Cycle is broken, causing the cell to ferment glucose for energy, resulting in cell mutation and the formation of cancer.

Phase 5: Vitamin C Deficiency

In phase 5, depleted adrenaline levels cause a depletion of ascorbic acid (vitamin C) in the adrenal glands. Ascorbic acid is the important substance used by dopamine to make noradrenaline in the adrenal glands, which is then converted to adrenaline. During prolonged stress more and more adrenaline is depleted, meaning more and more ascorbic acid is used up in the creation of adrenaline.

During chronic stress the adrenal glands also release ascorbic acid into the body to diminish the stressful impact of adrenaline on the heart and blood pressure. Ascorbic acid is essential for preventing cell DNA damage caused by "oxidative stress", converting oxygen waste products superoxide and hydrogen peroxide into oxygen and water within the cell mitochondria throughout the Oxidative Phosphorylation. The continual loss of ascorbic acid (during prolonged chronic stress) thereby increases DNA damage and mutation in cell mitochondria, causing normal cells to turn into cancer.

Phase 6: Immune Suppression

In phase 6, the immune system becomes weaker by a subconscious desire to "exit life"; due to elevated stress hormone cortisol levels depleting serotonin and dopamine levels in the brain that cause internal depression. An individual experiencing prolonged stress becomes tired of life and wants to come out of the never-ending stress and pain of life, by sending messages to the immune system to shut down. This occurs at the subconscious level where the immune system receives signals to stop production of interleukin-2- producing T cells, B cells, natural killer cells, macrophages and neutrophils. Without immune defenses, viral-bacterial-yeast-like-fungus that have pleomorphised within cells in phase 3 continue to grow and newly produced cancer cells go on multiplying.

How to Heal the Psycho-Emotional Trauma

The diagnosis of cancer is not a death certificate; it just shows you that your physical, emotional, mental and spiritual bodies are out of balance. It is a simple warning to you that you have not healed old wounds. These should be identified and healed. Hammer suggested the following treatments to resolve the Psycho-Emotional conflict:

You can consult experienced healer/therapist to heal these wounds. Many CDs and guides are available to help you in heal deeper layers of buried emotions in your subconscious mind.

According to Lothar Hirneise, 100% of all late stage 'miracle' cancer survivors had all made considerable "**systems change**" in their lives. This means they had all either left their stressful jobs, ended troubled marriages, shifted to other places or countries for the purpose of removing all stress from their lives.

Cancer patients often do not have proper sleep and thus do not produce enough **Melatonin**. Remember that melatonin is also produced during meditation. So meditate for at least 30 minutes a day or take melatonin orally.

High stress hormone cortisol levels deplete adrenaline reserves in the body. It is essential to include one daily activity to relax your mind, for the purpose of reducing stress hormone cortisol levels. Optimally spend 2 hours per day in relaxation. This can include walking on the beach, sitting amongst nature, undertaking yoga, yoga nidra or divine sleep, massage, meditation or visualization.

High stress hormone cortisol, low melatonin levels, parasites, pathogenic microbes, chemotherapy and radiation all weaken the immunity. So it is very important to support the immune system during recovery from cancer. We recommend you incorporate at least one therapy to boost and support your immune system. High dose Vitamin C therapy can be used. Visualization helps boost your Immunity. Consider graviola fruit to prevent side-effects of chemotherapy or radiation. Remember that graviola is not compatible with Budwig Diet.

Removing the Cancer-Fungus, without which Cancer could not exist. Prolonged psycho-emotional stress suppresses the immune power. When the immunity is suppressed, somatids - change from

harmless to pathogenic viral-bacterial-yeast-like-fungus forms. Cancer cannot exist without this viral-bacterial-yeast-like fungus. They travel to the cell nucleus and release "mycotoxins" which causes cell DNA damage and the mutation of normal cells into cancer cells, and ferment the glucose in cancer cells. They provide a natural growth factor for cancer cells to metastasize in the body. It is highly recommended you include at least one of the following to remove the cancer-fungus from your body: Apple Cider Vinegar, Garlic, and Soda bicarb, Essiac Tea or Hyperthermia.

Toxins which include "mycotoxins" or acidic waste products caused by the cancer-fungus, poor diet, chemicals, alcohol, tobacco, antibiotics, chemo-therapy, fermentation, poor exercise causing build-up of lactic acid, and dead microbes, parasites and cancer cells. These toxins accumulate in the liver which is the master immune system organ. When the liver is flooded with these toxins, the immune system is weakened and you feel sick, and cancer cells, viral-bacterial-yeast-like-fungus thrives. It is very important to detox the liver, colon (the intestinal immune system), as well as the gall bladder and kidneys, to prevent toxin build up within your body. When you are killing the cancer-fungus or cancer cells using an alternative or orthodox approach, you should detox the body at the same time, because your liver cannot remove all the dead microbes and cancer cells being killed in the process from the body. We suggest you to include at least one therapy to detox the liver and colon on regular basis e.g. **Liver-Colon Cleanse and Coffee Enema**. Ozonated Water should be strongly considered for it is a super body detoxifier, except lung cancer patients or lung disease.

Niacin (Vitamin B3) is a critical element needed by the body's cells to function in a healthy way. Without niacin, the Krebs' Cycle of cells is broken or impaired, and the cell reverts to glycolysis and the fermenting of glucose to obtain energy, causing cancer to develop. **Vitamin C** can be given 12 grams per day without much difficulty. 500 mg to 1500 mg **Niacin** (Tab. Neasyn-SR 500) is prescribed per day.

Cancer cells can only survive in low pH or acidic environment caused by the lactic acid produced during fermentation and by viral-bacterial-yeast-like-fungus excreting "mycotoxins" within cells. As cancer cells find it difficult to survive in an alkaline environment of 7.5 or greater, so it is essential to include a 3-step program to restore correct cell pH, which includes: **1) alkaline foods, 2) the removal of lactic-acid forming emotional stress and 3) the dextrorotatory lactic acid which is a key ingredient in sauerkraut and cottage cheese.**

Cancer sometimes manifests as a direct result of a subconscious desire to "exit life", caused by the individual feeling overwhelmed by the pains of life and no longer having a strong desire to live. This desire to exit life sends messages to the immune system to shut down. This subconscious desire to exit life must be reversed in order to survive cancer. **Visualization** and guided-imagery tools help to both heal and reverse this subconscious death wish

Prayer connects you to God and helps to overcome the subconscious death wish. When we asked what is the best option to cure last stage cancer, the first reply is a prayer. Ask God to forgive you for any wrong-doings, Tell Him to fill your life with love, health and happiness and diminish pain.

After I presented a lecture in Vienna in May 1991, a doctor gave me a brain computer tomogram (CT) of a patient. In the presence of 20 of my colleagues, among them radiologists and computer tomography experts, one radiologist asked me to tell him what symptoms the patient had and which type of conflicts where related to them. I was asked to conclude from the brain level the condition of the other two levels. I diagnosed from the brain CT a freshly bleeding bladder carcinoma in the healing phase, an old prostate carcinoma, a diabetic condition, an old bronchial carcinoma, and a sensory

paralysis of a certain area in the body and for each of these, the corresponding conflicts that the patient must have experienced. At this point the doctor stood up in front of all his colleagues and said, "Dr. Hamer, congratulations! Five diagnoses - five successes! The patient had exactly what you say. And you were even able to differentiate what symptoms he had in the past and which symptom he has right now." By *Dr.* Ryke Geerd Hamer

अंग	अनसुलझा सदमा
एडरीनल कॉर्टेक्स	पथभ्रष्ट होना Wrong Direction. Gone Astray
मूत्राशय Bladder	बुरा सदमा, कटु अनुभव Ugly Conflict. Dirty Tricks
अस्थि Bone	हीनभावना, अपमान Lack of Self-Worth. Inferiority Feeling
मस्तिष्क कैंसर Brain Cancer	हठ, कुंठा, निराशा Stubborness. Refusing to Change Old Patterns. Mental Frustration
स्तन दुग्ध ग्रंथि Breast Milk Gland	देखभाल में कमी या बेसुरापन Involving Care or Disharmony
स्तन दुग्ध नलिका Milk Duct	अलगाव Separation Conflict
स्तन बायां Breast (Left)	मां, बच्चों या अन्य घरेलू सदमा Conflict Concerning Child, Home, or Mother
स्तन दाहिना Breast (Right)	जीवनसाथी या अन्य व्यक्ति से मतभेद Conflict with Partner or Others
गर्भाशय ग्रीवा Cervix	गहरी कुंठा Severe Frustration
पित्ताशय Gall Bladder	प्रतिस्पर्धा या प्रतिद्वंदता Rivalry Conflict
हृदय Heart	लम्बा सदमा Perpetual Conflict
स्वर यंत्र Larynx	डर Conflict of Fear and Fright
फेफड़ा Lungs	मृत्यु या दम घुटने का डर Fear of Dying or Suffocation, including Fear for Someone Else
अग्न्याशय Pancreas	परिजनों से तनाव या क्रोध Anxiety-Anger Conflict with Family Members, Inheritence
पुरुष ग्रंथि Prostate	बुरा लैंगिक सदमा Ugly Conflict with Sexual Connections or Connotations
मलाशय Rectum	बेकार होने का डर Fear of Being Useless
त्वचा Skin	बदनामी या लांछन Loss of Integrity
प्लीहा Spleen	शारीरिक या भावनात्मक प्रताड़ना Shock of Being physically or emotionally Wounded
आमाशय Stomach	किसी पर अत्यधिक क्रोध Indigestible Anger. Swallowed Too Much
वृक्क और अंडकोष Testes & Ovaries	साथी की मृत्यु या मतभेद Loss Conflict
थायरॉयड Thyroid	असहाय महसूस करना Feeling Powerless
Tumor (in location)	कोई पुराना आघात भूल न पाना या पश्चाताप Nursing old hurts and shocks. Building remorse
गर्भाशय Uterus	लैंगिक सदमा Sexual Conflict

[Go to top](#)

Herbs and Teas

Essiac Tea - Miracle cure of Cancer

On a lucky day in 1922, Canadian nurse Rene Caisse in northern Ontario, Canada saw an elderly lady taking bath in a river; she had some scar tissue on one of her entire breast. When asked this lady told her that she developed cancer before 30 years and an Ojibway Indian herbalist told her to make a tea out of certain herbs and drink it to heal her cancer. She had no reoccurrence of cancer to that day. Rene noted down this miracle formula.

In the ensuing years Nurse Caisse refined and perfected the original formula. She tested various herbal combinations on laboratory mice and on human cancer patients. Some versions of Essiac had eight ingredients. The added ingredients are supposed to enhance the product's effectiveness and improve its taste. But she eventually used four herbs to make this tea: burdock root, sheep sorrel (whole herb including the roots), slippery elm and Turkey rhubarb. She called the formula Essiac, which is her surname spelled backwards.

In 1924 she decided to test the tea on her aunt who had stomach cancer and was given about six months to live. Her aunt lived for another 21 years, without any cancer.

Rene Caisse later gave the tea to her 72-year old mother who was diagnosed with inoperable cancer of the liver, with only days to live. Her mother also recovered and lived cancer free for another 18 years.

Eventually, she became so involved with her research that she focused all her time on the treatment of patients. Doctors all over Canada were sending their patients to her cancer clinic for the treatment. From 1934 to 1942 she successfully treated thousands of terminally ill cancer patients in her clinic in Bracebridge, Ontario. During this time many, many doctors, surgeons, and scientist visited her clinic, read case histories, and examined patients (Caisse).

The Recipe

The preparation of Essiac is as important as the formula itself. Essiac is a decoction. The decoction is used to extract nutrients, minerals etc. from roots, bark or seeds by boiling for ten minutes and then allowing the herbs to steep for several hours. Entrepreneurs often sell Essiac imitations in tincture form or in gelatin capsules; but neither form is true Essiac. Prepare the decoction as follows.

- Using a stainless steel pot and lid, boil 15 g of herb mix in 1.5 liters of pure, unchlorinated water on high heat for ten minutes.
- Turn off heat, cover with lid and allow herbs to steep for 12 hours.
- Heat up tea to steaming, but not boiling. Allow herbs to settle for a couple minutes.
- Strain off hot liquid into sterilized bottles or canning jars. The remaining pulp can be used for healing poultices.
- Just store at room temperature. For long-term storage use the boiling water bath canning method and store in a cool, dark and dry place.

Make sure that the sheep sorrel you use is the small, wild variety of sheep sorrel and not a substitute like yellow dock or garden sorrel. Don't use imported turkey rhubarb root. Many Essiac merchants are unaware of the quality of their herbs. The best way to insure that you're getting true Essiac is to grow the herbs yourself; you can have control of product quality. Burdock root is harvested in the fall of the first year. Slippery elm bark is wild crafted and is easy to buy, but should also be homegrown so it doesn't become endangered. Turkey Rhubarb is the only herb in Essiac that cannot be wild crafted. It is an attractive ornamental plant that can be grown in a flower bed or garden.

Dosage suggestions

Treatment Dose: Recommended essiac tea dosage is 30 ml of tea per day, taken preferably before sleep. Mix the tea with 60 ml of warm or cold water. Double the dose of tea and water after a week's time. Do not eat or drink anything (except water) one hour before to one hour after taking Essiac. Most people get used to the taste over time. Be aware that chemo and radio can lessen the effects of essiac tea. In this case you can increase the dose. Administer for at least 6 months after your test results have returned to normal.

Benefits of Essiac

Ms. Caisse claims that Essiac strengthens the immune system, improves appetite, relieves pain and improves overall quality of life. It also shrinks tumors and prolongs the lives of people with cancer. Essiac activates the body's own natural defense. Most patients experience less pain and overall improvement with the consistent use of Essiac and some patients continue to live for many years in good health. Essiac is anti-tumor, anti-mutagenic and immune system enhancing. The real benefits of Essiac are that it is a wonderful detoxifier and regenerates the liver and pancreas. I summarize benefits as follows.

- Helps to cleanse the blood
- Normalize the enzymes
- Promotes cellular repair, and aids effective assimilation and elimination
- Regulates cholesterol levels by Transforming sugar into energy
- Makes bones, joints, ligaments, and lungs strong and less vulnerable
- Nourishes and stimulates the brain and nervous system
- Expels mucus clearing the lungs
- Helps eliminate heavy metal toxins in tissues
- Purifies the blood
- Increases red blood cell production

- Protects the body against radiation damage
- Helps destroy parasites in the digestive tract
- Prevents the buildup of fatty deposits in heart, kidney and liver
- Assists the liver in producing lecithin, which forms the myelin sheath that encapsulates the nerve fibers.

Essiac Tea for Diabetes

Rene also noticed that some of her patients on Essiac with both cancer and diabetes not only healed her cancer, but also claimed that her diabetes disappeared. This result was so astounding that even Dr. Frederick Banting (Insulin Fame) became interested in researching Essiac further with Ms. Rene Caisse. He believed that Essiac's detoxifying property was the main mechanism that makes it helpful in diabetes. Secondly it is well known that Burdock root has been used to reduce blood sugar for centuries. Dr. Banting proposed that Essiac probably regenerate the pancreas' ability to produce insulin and thus treat diabetes, but the research never happened because Caisse was not ready to close her cancer clinic. Even today people are using Essiac to improve their blood sugar and many have gone off insulin entirely (Essiac Facts.com).

Testimonial

"March 2013 my wife was told she had cancer of the colon that had spread to her liver which showed 8 tumors. Her tumor marker for cancer was over 2200. She started chemo immediately and I started her on Essiac Tea. The PET scan taken in October 2013 showed the cancer in the colon was not showing up on the scan any more. Doctor said it was a miracle!!! Only one tumor was found on the liver, 7 are gone. Her cancer marker went from 2200 to 2.5 which is in the normal range. Doctor said in the beginning they can't cure her cancer, just may be prolong her life. Her doctor was amazed at her progress, so we are going to continue the Essiac."

Submitted by opn4bzns via YouTube - Nov. 17th 2013.

Go to top

Nettle Tea

Stinging Nettle (urtica dioica) is a green perennial flowering plant native to Europe, North Africa, Asia and North America. It has green, heart shaped, serrated looking leaves, 3 to 5 cm long with thin stinging hairs, which release a stinging poisonous liquid that enters the skin when hairs are crushed. Though not dangerous, it causes intense irritation in the skin, imitating scorpion sting (University of Maryland Medical Center).

Benefits of Nettle Tea

- Nettle is rich in vitamins A, B-1, B-2, B-3, B-5, folic acid, C, D, E and K as well as minerals like iron, potassium, copper, calcium, zinc, magnesium, manganese, sulfur, selenium, silica, chromium and others. It also contains flavonoids, acetycholine, serotonin, essential amino acids and proteins. Nettles nourish and support the entire body, particularly the endocrine, immune, urinary, respiratory, and circulatory systems.
- **Powerful tonic and blood purifier -** stimulates appetite,.
- **Cancer –** Dr. Budwig has suggested cancer patients to use fresh Nettle tea as it provide powerful Anti-oxidants, immunity boosters and anti-inflammatory prostaglandins.
- **Fertility -** Increase fertility, ensure conception, Vital for fetal health, prevent birth defects, and promote a healthy pregnancy and an easy delivery. It prevents hemorrhage after childbirth due to high levels of vitamin K. It increases quality and quantity of breast milk.

The high levels of iron present in the tea are essential to improve blood circulation and to lower blood pressure. It also decreases sugar levels in the blood.

- Nettle tea also helps with respiratory problems by fighting coughs, tuberculosis, flu, hay fever and asthma.
- It strengthens bones (Osteoporosis, fractures) and used in rheumatism, osteoarthritis, Gout and tendonitis.
- You should drink this tea if you have broken or frail nails.
- Used clinically for Iron-deficiency anemia and as a venous tonic for varicose veins, capillary fragility, and excessive bruising.
- It lowers high creatinine, helps cleanse the kidneys and blood. It can also improve kidney functions and improve urine volume. It treats kidney and urinary tract infection. Nettle leaf has

diuretic effect and can help remove excessive fluid from the body. It can also help prevent and treat kidney stones.

- Helps clear excessive uric acid from the blood.
- Stops bleeding and helps in hematuria, nose bleed and bleeding piles.
- Relieves menopausal symptoms, menstrual cramps and bloating. It is used in P.M.S., menorhagia, dysmenorrheal and fibroids.
- Helps in benign enlarged prostate and reduces incident of prostate cancer.
- Helps with gastrointestinal disease, worms, IBS, and constipation. Destroys intestinal worms or parasites. It has a slight laxative effect.
- Has been shown to be helpful to in the treatment of neurological disorders like Alzheimer's disease, multiple sclerosis and sciatica.
- It is used in skin infections, itching, scabies, eczema, and psoriasis. Gargles of Nettle juice helps heal mouth and throat infections and prevents dental plaque.
- Boosts hair growth and helps regain natural hair color and luster.
- It is supposed to be very useful if you are suffering a hangover after over-drinking in the night before, or if you have recently stopped smoking and want to cleanse your body of the poisons contained in cigarettes.

Recipe – To make Nettle tea infuse 2 to 4 grams of dried leaves per cup of boiling water. Let it steep for 15-20 minutes and take such tea 3 times a day. You can also sprinkle crushed nettle leaves on yogurt and salad.

Go to top

Milk Thistle

Milk thistle (Silybum marianum), also called holy thistle and lady's thistle. There is an old story that the white marks on the leaves of milk thistle originated from drops of milk shed while Mary nursed the baby Christ. The plant has purple to red flowers and can be up to 10 feet tall. Milk thistle has cleansing effects on the liver. The use of milk thistle for liver disorders dates way back to over 2,000 years ago. All parts of the plant can be used, but the milk thistle seeds are considered to be the most medicinally potent for therapeutic use.

The three main silymarin flavonoids are: 1- **silybin** 2-**silydianin** and 3- **silychristin**. Of these three, silybin is the most beneficial of these active ingredients. Silymarin repairs the liver by stimulating protein synthesis and changing the outside layer of liver cells. This process detoxifies liver by inhibiting toxins from getting in, blocking them as well as removing them from the body.

Milk thistle is an effective treatment for hepatitis C, jaundice, and cirrhosis. It also strengthens the spleen and gallbladder, benefits people with diabetes, and slows the growth of certain types of cancer, including skin cancer, breast cancer, and prostate cancer.

Milk Thistle seeds have antioxidant properties that are many times stronger than vitamin E. These antioxidants encourage liver cell renewal and help repair damage from degenerative conditions related to alcoholism (Wellness).

Milk Thistle Benefits:

- Helps reduce inflammation in the body
- Provides antioxidant and immune boosting effects
- Improves bile production and efficiency
- Supports decrease of "bad" cholesterol
- Stimulates digestive enzymes
- Protects liver and helps remove toxins
- Helps to break down fatty rich foods
- Known to increase the synthesis of glutathione
- Potential to decrease hot flashes

- Diminishes risk of gallstones or liver stones
- Helps relieve constipation
- Known to be helpful for hemorrhoids and varicose veins
- Beneficial for PMS

Dose

Milk thistle seeds, consumed as a powder, tea, tincture or standardized extract. For mild cleansing effects take 1 teaspoon powder, 3 times a day. For higher doses take between 2-3 teaspoon, 3 times a day. After 8 or 10 weeks, reduce amount to ½ teaspoon three times a day.

Tea - You can also use milk thistle powder infused into herbal tea recipes. Here is a simple herbal tea that can be used to aid digestion.

Ingredients:

- 4 Tbsp finely ground milk thistle seed
- 1 Tbsp whole fennel seed (or 2 teaspoons fennel seed powder)
- 3 Tbsp dandelion root (decoction)
- 1 Tbsp peppermint
- Decoct or simmer the dandelion root for 20 minutes and then pour hot liquid into a jar with the remaining herbs and infuse for 15 minutes.

Go to top

Dandelion

Dandelion herb is one of the most sought-after herbs to enliven our daily meals. Almost all the parts of the plant, leaves, flower tops, and root are being used either for culinary purpose or as a curative agent for certain diseases.

Botanically, it belongs to the family of Asteraceae; the genus of Taraxacum and known scientifically as Taraxacum officinale. There are many common names for this herb like priest's crown, Irish daisy, monk's head, blow ball and lion's tooth (Power Your Diet.com).

Dandelion herb health benefits

- Fresh dandelion greens, flower tops, and roots contain valuable constituents that are known to have anti-oxidant, disease preventing, and health promoting properties.
- Fresh leaves are very low in calories; providing just 45 calories per 100 g. It is also good source of dietary fiber. In addition, it is a good laxative. The active principles in the herb help reduce weight and control cholesterol levels in the blood.
- Dandelion root as well as other plant parts contains bitter crystalline compounds Taraxacin, and an acrid resin, Taraxacerin. Further, the root also contains inulin and levulin. Together, these compounds are responsible for various therapeutic properties of the herb.
- Fresh dandelion herb provides 10161 IU of vitamin-A per 100 g, one of the highest source of vitamin-A among culinary herbs. Vitamin A is an important fat-soluble vitamin and anti-oxidant, required for maintaining healthy mucus membranes and skin and vision.
- Its leaves are packed with numerous health benefiting flavonoids such as carotene-β, carotene-α, lutein, crypto-xanthin and zea-xanthn. Consumption of natural foods rich in vitamin-A and flavonoids (carotenes) helps body protect from lung and oral cavity cancers. Zeaxanthin has photo-filtering functions and protects retina from UV rays.
- The herb is good source of minerals like potassium, calcium, manganese, iron, and magnesium. Potassium is an important component of cell and body fluids, which helps regulate heart rate and blood pressure. Iron is essential for red blood cell production. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase.

- It is also rich in many vital vitamins including folic acid, riboflavin, pyridoxine, niacin, vitamin-E and vitamin-C. Vitamin-C is a powerful natural antioxidant. Dandelion greens provide 58% of daily-recommended levels of vitamin-C.
- Dandelion is probably the richest herbal sources of vitamin K; provides about 650% of DRI. Vitamin-K has potential role in bone mass building by promoting osteotrophic activity in the bones. It also has established role in the treatment of Alzheimer's disease patients by limiting neuronal damage in the brain.

Medicinal uses

- It has laxative and diuretic functions.
- The plant parts have been used as herbal remedy for liver and gall bladder complaints.
- The herb is also a good tonic, appetite stimulant and is a good remedy for dyspeptic complaints.
- The inside surface of the flower stems used as a smoothening agent for burns and stings (for example in stinging nettle allergy)

How George Cairns cured his Prostate cancer?

A little over three years ago George Cairns suffered from Prostate Cancer. His condition was very bad. He lost every hope to survive. Then a voice came to him and said, "You have to do something for your cancer. Take the root of the dandelion. Don't expect a miracle, but slowly you will improve." As soon as he got up next morning, he dug some roots and started to prepare it. Three weeks later the pain in his back and side was gone and bowels had improved. Five and half month later doctor could find no cancer in his body at all.

He then wanted to find someone else to try it. Finally, he was told a friend about it, who was dying of lung cancer. He had cancer in both lungs and was bed ridden. They were tapping his lungs. He had been given 4 to 6 weeks to live. After he had been on dandelion root powder about six weeks, he was up and around doing his chores and driving his car. He went to his doctor's office, and the doctors could not believe it. They took him to the hospital and gave him a CAT scan. They found no cancer lesions in his lungs and said it was a miracle!

He then put an advertisement in the paper, and four people told that they would try it. Slowly one person told another and it spread. There was a fair amount of people taking it for different kinds of cancer and several for other things (Cairns).

Procedure

To make the powder from the dandelion root you must follow these directions. Any changes and it won't work. Dig a handful of dandelion roots any time of the year, it doesn't matter. Cut the leaves off just below the crown. DO NOT WASH. Then they must be dried around 100^0 F. Do it in an incubator with no water. You can also dry them under a heat light bulb if you raise or lower it so it's 100^0F. You can also use the sun or put them in the attic if it's not too hot. It takes about 5 or 6 days in the incubator. When you break a root and it snaps, then it is ready to powder.

Dose

Now take a little over one half teaspoon once a day at any time and mix it with water, orange juice, etc. Do not use in soft drinks, liquor, or anything hot. When mixed, use it all. Don't let it stand around. Keep the powder in a dry place. After taking it three or four days, you will feel good, but

nothing else. That is because your blood is building up. When you blood is happy, you're happy. In most cases, this will build your immune system in three days to three weeks to the point it takes back control of cancer cells and thus the cancer stops spreading. In most cases it is going to help. You just feel a little better each week. After three weeks most of the pain will be gone in your back and you know it's working if you had pain there like I did. If you have bone cancer in the spine, it will take three months to work. This is not an overnight cure. The sooner you start, the quicker you heal your cancer.

Go to top

Our biggest enemy – The Trans fat

Trans fat or Trans-unsaturated fatty acid is a man-made, toxic, inedible and imitation fat. This is a type of damaged unsaturated fat, uncommon in nature, but produced in factories from cheap vegetable oils for use in margarine, snack food, packaged baked goods and frying food.

Fats contain a long hydrocarbon chain, which can either be unsaturated, i.e. have double bonds, or saturated, i.e. have no double bonds. The unsaturated bonds cause the normally straight line shape of the carbon chain to bend at the double bonded pair because nature always removes the hydrogen atoms from the same side of the fatty acid molecule. This greatly changes the fatty acids physical and chemical characteristics. Biochemists call this *cis*-configuration.

While in Trans fat hydrogen atoms are on the opposite side of the double bonds of the carbon chain, making the fat molecule to remain straight. It is solid at room temperature.

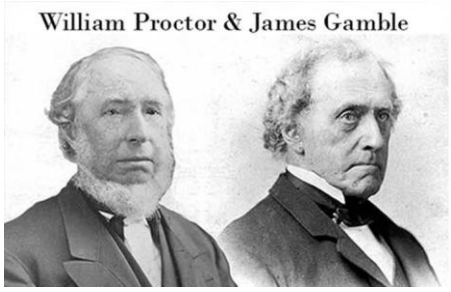
Hydrogenation is the process of passing hydrogen gas at very high temperature through the oil to change its consistency, in presence of a catalyst nickel. As the hydrogen passes through, the oil begins to become solid. Full hydrogenation of vegetable oils would produce exclusively saturated fatty acids that are too waxy and solid to use in food production. So manufacturers obtain "partial hydrogenation" by stopping the hydrogenation part of the way through. This looks, feels and spreads like butter, but much cheaper to produce. It is sold as "margarine" or "vegetable shortening". Partial hydrogenation of the unsaturated fat converts some of the cis double bonds into Trans double bonds, which produce Trans fats. Consumption of Trans fats has shown to increase the risk of coronary heart disease and promote chronic inflammation in the body.

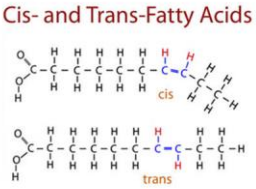
Trans fats also occur naturally in a limited number of cases. Vaccenyl and Conjugated linoleic acid (CLA) containing Trans fats may occur naturally in trace amounts in meat and dairy products, but these are not harmful. Two Canadian studies have shown that the natural Trans fat vaccenic acid, found in beef and dairy products, were actually beneficial compared to hydrogenated vegetable shortening, or a mixture of pork lard and soy fat, by lowering total and LDL and triglyceride levels.

Tragic tale of Trans fats

It’s interesting to see that the seed of tragic tale of Trans fats was sown close to a century ago when Paul Sabatier was awarded a Noble Prize for developing the chemistry of hydrogenation. Though

he considered hydrogenation of only vapors, the German chemist Wilhelm Normann showed in 1901 that liquid oils could also be hydrogenated, and he patented this process in 1902.





Then candle maker William Proctor and his brother-in-law, soap-maker James Gamble, joined together and formed a new company - Proctor and Gamble in Cincinnati, Ohio. P&G acquired the US rights to the Normann patent and began producing the first hydrogenated shortening from Cottonseed Oil in 1911. This was named Crisco, derived from CRYStalized Cottonseed Oil. After a couple of decades P&G replaced the cottonseed oil with genetically modified soybean oil and fully hydrogenated palm oil.

Crisco was presented as healthier, more digestible, cleaner, more economical, more enlightened and more modern than lard. Women who use Crisco are portrayed as good wives and mothers, their houses are free of strong cooking odors and their children grow up with good characters. With one sentence, P&G had taken on its two closest competitors—lard and butter. To attract Jews a new slogan was framed: "The Hebrew Race had been waiting 4,000 years for Crisco!"

Through highly deceptive but successful and intense marketing, this deadly and imitation fat had gradually and insidiously replaced many of our delicious and healthy traditional foods. Sale of shortening and its cousin, margarine, took off for obvious reasons - who wouldn't want a butter substitute that was cheaper, had longer shelf life, and came with free cookbooks (All the recipes required Crisco, of course)? May be P&G initially did not know that Crisco would be so dangerous for human race.

The advent of Crisco on the shelves and kitchens, whole world was thrown into the era of the greatest chronic inflammation! When evidence began to appear about problems of heart disease, cancer, diabetes, and arthritis, the greedy P&G worked behind the scenes to cover them up. One of puppet scientists who worked for P&G, Dr. Fred Mattson, presented the US government's inconclusive Lipid Research Clinical Trials to the public as proof that it is the animal fat, not the margarine that caused heart disease. He also persuaded the American Heart Association to preach the spurious gospel of the Lipid Hypothesis."

But reality was entirely different. Trans fat was the main culprit behind the world-wide epidemic of heart disease, cancer, type-2 diabetes and other chronic diseases. Before the era of Crisco these diseases were very rare. While these oil companies were celebrating their success, people were dying from heart infarction, diabetes and cancer. A great crime had happened against whole human race. Media and FDA remained silent for almost a century. Even doctors did not define the Trans fats clearly

Science behind Trans Fats

Why Trans fat is so unhealthy? How natural and essential fatty acids (EFAs) differ from this deadly fat? To know all this we have to understand the great discovery done by Dr. Johanna Budwig.

She was Senior Expert at Federal Institute for fats and drugs in Germany. She was known as Omega-3 Lady. She was the first to highlight the benefits of "omega-3" and the evils of Trans fat, which are even being "rediscovered" today; but her name remains virtually unknown to scientists, the media and the general public.

In 1949, she developed Paper Chromatography to identify and study essential fatty acids (EFAs). With this technique she isolated and visualized the highly unsaturated and vital EFAs – cis Linoleic and cis Linolenic fatty acids. The cis- configuration allows de-localized electron clouds (pi-electrons) to form in the bend produced on the chain. The negatively charged pi-electrons produce electromagnetic force and enables the EFAs to capture oxygen and hold proteins within cell membranes. Pi-electrons are extremely important to the body's overall energy exchange potential -- the flow of life force. The pi-electrons in the cell membranes increase the cells ability to store and receive electrons from the sun, through resonance. According to mathematical calculation of quantum physics, the "human" possesses the highest potency of electrons from the sun, always striving toward the future against entropy. The concept of "anti-human" — the mirror image of this human being — has already been coined. Anti-human is electron-poor, directed into the past, paralyzed in his life functions also his thinking, lacks energy and strength because he is missing the electrons that are in harmony with the sun as “life-element.” The Trans fats lacking in pi-electrons takes you to disease and hell. Budwig always preached against use of deadly Trans fats with sound scientific proof, but her suggestions were ignored.

I have detected Trans fat particles in oils treated with steam, which indeed are unsaturated fats and have double bonds, but are highly toxic for man. - Johanna Budwig

Health Hazards of Trans Fats?

The Trans fats cause chronic inflammation and dysfunction in our body on a cellular level. These have been linked to:

- **Cancer:** They interfere with enzymes your body uses to fight cancer.
- **Diabetes:** They interfere with the insulin receptors in your cell membranes.
- Decreased immune function: They reduce your immune response.
- Problems with reproduction: They reduce the production of sex hormones.
- Obesity
- Arthritis
- **Heart disease -** Trans fats can cause blocking of your heart arteries.

Trans fat is also known to increase blood levels of low density lipoprotein (LDL), or "bad" cholesterol, while lowering levels of high density lipoprotein (HDL), or "good" cholesterol.

Trans fats even interfere with your body’s use of beneficial omega-3 fats, and have been linked to an increase in asthma.

What type of foods have Trans fat?

- Processed foods like baked and frozen products are most likely to contain Trans fat.
- Crackers, cookies, cakes, burger, pizza and other baked goods
- Snack foods like potato chips, French fries

- Confectionery

Finally FDA takes U-turn

After lot of pressure from people, FDA awakes from decade long sleep and finally admits that Trans fat is very dangerous for human health. FDA now accepts that Trans fat do not meet their distinction of “generally recognized as safe” for human consumption. Until recently FDA had been preaching against the use of saturated fats, because it causes heart disease, diabetes and other chronic diseases.

In March 2003, Denmark became the first country to pass strict regulations on the sale of foods containing Trans fats. No more than two per cent of the fats and oils in any food product can contain Trans fats. The legislation effectively limits people's Trans fat intake to less than one gram per day. Later on, Canada and Switzerland passed similar regulations.

On Dec. 5, 2006, New York City's board of health approved a ban on Trans fats in all restaurants across the city. The ban took effect in June 2008.

In 2013, the Food and Drug Administration began to gradually stop the use of Trans fats in all foods. It said there is no safe amount that should be in food eaten by humans. In June 2015, the FDA issued a final warning, that Trans fats are not safe for any use in human food. Trans fat must be taken out of all food production within three years. The FDA says the ban will cost the food industry $6.2 billion over 20 years. The food industry must use new formulas and recipes using ingredients without Trans fat. This is a great victory for all those scientists and people including Dr. Johanna Budwig (She must be smiling in the heaven) and professor Kummerow.

Options to Consider

If you want to avoid dangerous fats of all kinds, your best bet is to eliminate processed foods from your diet. Use butter instead of margarines and vegetable oil spreads. Use coconut oil for cooking. It is far superior to any other cooking oil and is loaded with health benefits.

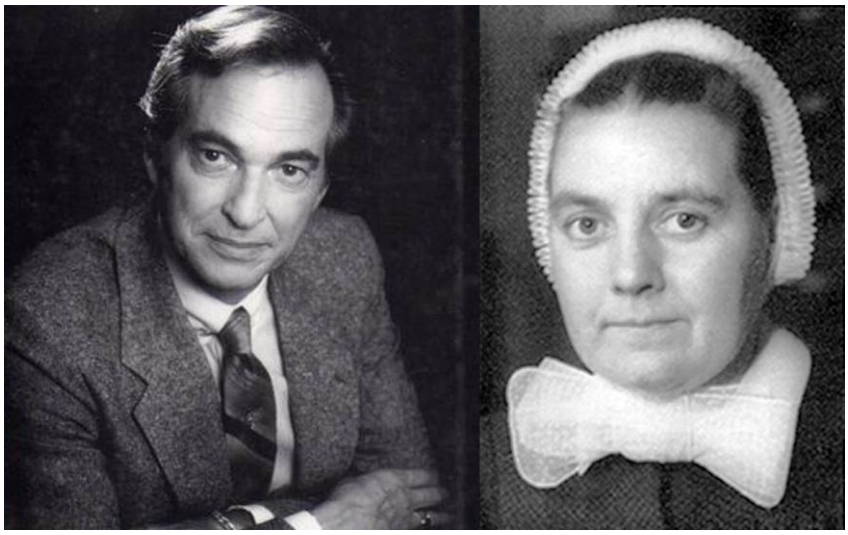
Go to top

Testimonials

How Dr. Siegfried Ernst cured his stomach cancer

Great healing story written by Dr. Robert Willner

Biography of Dr. Robert Willner



Dr. Robert Willner M.D., PhD (21 June 1929 - 15 April 1995) was an American doctor remembered for his role in AIDS denialism, the view that AIDS is not caused by HIV infection. Willner described himself as originally an "orthodox" physician who slowly changed to alternative medicine, particularly after his wife died of cancer chemotherapy.

In 1995, Willner stated that "I am fully convinced; you can prevent all disease with diet, lifestyle changes and sanitation." Willner wrote some books presenting his point of view on the relation between HIV and AIDS, titled “Deadly Deception: the Proof That Sex And HIV Absolutely Do Not Cause AIDS”. The book was published shortly after Wilmer’s medical license was revoked for, among other things, treating an AIDS patient with ozone therapy. He also wrote a book about cancer “The Cancer Solutions” after he met Dr. Budwig and studied her protocol in detail.

The following month, on October 28, 1994, in a press conference at a Greensboro, North Carolina hotel, Willner jabbed his finger with blood he said was from an HIV-infected patient. Willner died on April 15, 1995 of heart attack.

Lunch with Dr. Siegfried Ernst

Dr. Robert Willner was very much fascinated by Dr. Johanna Budwig and her cancer research. Dr. Budwig presented clear and scientific evidence, which has been confirmed by hundreds of other related research papers since, that the essential fatty acids were at the core of the answer to the cancer problem. He felt compelled to visit Dr. Budwig in Germany and meet her personally so that he would have the very latest information for his book. So he went to Germany several times before completing his book “The Cancer Solutions.”

One day at Dr. Johanna Budwig's residence in Freudenstadt, the phone rang and a happy and lively conversation in German ensued. In a few minutes Dr. Budwig asked him to come to take the phone and said. "This is Dr. Ernst, the friend I told you before. Speak with him and confirm anything you would like."

The conversation with Dr, Ernst lasted approximately ten minutes and Willner tried to remember as much as possible. Most of the facts had already been told to him by Dr. Budwig. Then he returned to the hotel, noted down whatever he could recollect. The next day was Friday and he planned to leave in the morning for Stuttgart. His return flight was on Sunday at eight in the morning. Because it required a very early wake-up and he did not want to any risk. So he decided to arrive there a day early. After purchasing as many of Dr. Budwig's books as possible at a local book shop, he took a taxi to the railway station.

The plane that he had hoped to take was full, and he was advised to get a flight from Munich. On the way to Munich the train stopped at Ulm, which in phone conversation, Dr. Ernst had mentioned was his home. He decided to get off the train and try to meet him. Within an hour he had a room in Golden Tulip Hotel and arranged to meet with Dr. Ernst the next morning. That day there was a lot of fog and snow fall in Ulm and weather was scorching cold. He decided to take sauna bath in health club of the hotel. After sauna bath, he felt warm and fresh. He ordered pucked pride dry wine, avocado vasabi salad and hot sizzling fajita for the dinner.

He spent the next day with Dr. Ernst who seemed very healthy and active, though he was in late seventies. He was famous and dedicated man in the town. He was devoted to family, church, city and humanity. The present Pope and many other dignitaries were his close friends.

Dr. Ernst told that seventeen years ago he developed stomach cancer for which he had major surgery. It had required removal of his stomach and left him with a great number of digestive problems and considerable debilitation. His professional life had practically come to an end. He was approximately sixty years old at the time. He had great difficulty in continuing his clinical practice.

Two years later he had a recurrence of the cancer and was advised chemotherapy as the only available remedy. There was very little hope for survival, and he knew that chemotherapy was not only ineffective, but completely damaging for the quality of life, so he said No to chemotherapy.

Then he went to Dr. Budwig for trying her protocol. For two years he religiously followed the Budwig diet and, also, he used the application of the Flax seed oil to his body every evening. The oil was applied to the abdominal area and wrapped with cloth bandages. He continued the low fat Quark and Flax seed oil daily. It has been fifteen years since the recurrence of the stomach cancer and the institution of the Budwig therapy. Dr. Ernst has had healthy life except some minor problems with eating and digesting food. The simple addition of digestive enzymes and other supplements have made his existence almost completely normal.

Virtually all patients with a recurrence of this type of cancer rarely survive a year, even if they agree to chemotherapy. And the toxic-effects from the chemotherapy makes life more regrettable. Of course the conventional doctors will dismiss the story of Dr. Ernst as a "spontaneous remission" in spite of the fact that it is unheard of, except when patients go for simple alternative therapies.

Their conversation lasted for many hours and he confirmed much of what Dr. Budwig had told him. He recalled the many stories of patients she had treated. He admitted that whatever skepticism he had about this great therapy, disappeared completely after meeting with Dr. Ernst. He was both a colleague and a fellow cancer victim who had been truly cured, not just a five-year survival (Dr Robert E. Willner M.D., 1993, Chapter 5).

Highly positive and encouraging story of Mary

Diagnosis of Cancer and the triple bladed sword: surgery, chemo and radio

I was diagnosed with breast cancer in July 2001. I had two surgeries, 47 sessions of radiation and 4 months of chemo.

Then in June 2005, I was told that the cancer had spread to my spine. I underwent a very extensive surgery on June 11, 2005. The doctor told me that cancer was eating my spine and making it weak and hollow. **They said I have 20 months to live.** They explained me that when cancer spreads to your spine; after a few months for it to spread to other organs such as kidneys, bladder, lungs, etc. Then you die. **But first, they wanted give me radiation and chemo again and again until I die.** So in July 2005, I had only 10 sessions of radiation. After this I was totally exhausted and drained. Then I finally decided NO RADIO! NO CHEMO! Nothing! If I am ready to die, I want to enjoy my death!

Starting on my path to healing

No No No ... how could I die so soon! **I would win this war against breast cancer.** So I jumped into the river Google and came out with bunch of research done by a doctor from Germany in my hand. She had developed a simple cure for cancer. Take cold-pressed organic Flax seed oil with Cottage Cheeseand eat only fresh foods, such as veggies and fruits, and get sunlight.

Terminal breast cancer cured in record time

So I had been taking this natural treatment for 8 months? I had my repeat bone scan, MRI and CT in November. **Not only my cancer vanished, but there is new bone growing in the holes where the cancer ate it away!!!** My oncologist is shocked to see the scans! I am thrilled

Winning my cancer war with a bonus

This time not only have I won the war against cancer, and let's face it... chemo does not CURE cancer. Flax seed oil combined with sulfurated protein is the ONLY CURE for cancer in my experience. I had a scar tissue in my right breast was about the size of a golf ball, shown up on all my mammograms since my surgery in 2001. It was also there in March 2005 as usual. But in the November mammogram, the scar tissue had reduced to the size of a small coin! I fully expect it to be vanished by the mammogram in March 2006! And apart from this healing, I have lost 70 lbs weight! Just from eating right and exercising! Wow! And I look forward to lose another 10 pounds in July.

Wellness Journey of Mrs. Shanti

This patient Mrs. Shanti 40 years in age belongs to a village near Dungargarh. She came to us in August, 2014 for the first time. She suffered from Leomyosarcoma Uterus (Cancer of Uterus) before one and half years. She was operated and treated by conventional treatment at Bikaner. She remained in remission for six months. After that she developed Metastasis Tumor in Left Lumbar region. She also had severe anemia (Hb was 5.7 gm in June, 2014), pain, weakness, ascites, anorexia and vomiting. No treatment was helping her. Then somebody told her to consult me. When I examined her she looked very weak, pale, apathic and drowsy, she hardly spoke anything. Her Hemoglobin was approx. 7 Gm. She had unbearable pain in her left Lumbar region.

The whole family was uneducated and lived in farm in rural area. They do not understand Hindi. It was really very difficult for us to train them, as communication was a big problem. But our audio-visual approach helped and conducted the training anyhow. I was very sure that they will hardly follow Budwig Protocol more than a few days. But after a month and half her brother spoke to me and told that patient is improving slowly and asked some questions. It was a bit strange for me but still I had no hope.

On November 25, 2014 when she stepped in to my clinic, I was totally shocked to see her. What a change! What a miracle!! She was entirely a new woman. She looked active, healthy, happy and young. She was smiling, her face was glowing. Her vomiting stopped, appetite improved and pain reduced. She was talking and asking questions in her local language. She followed the Budwig treatment nicely, and she has not taken any conventional treatment during last four months. This time her Hemoglobin was 11.5 Gm, though we did not prescribe her any iron capsule. Her Metastatic tumor which was 84x78x55 mm in June 10, 2014 has reduced to 46x34 mm, a drastic reduction in size. Liver size became normal and kidney stone passed out. This is a magic of Budwig Protocol. This wellness was achieved by use of Flax oil, the sun shine in a bottle or rather the essence of our life.

Many people think that Budwig Protocol is just a mixture of Flax oil and cottage cheese. It is biggest mistake one can ever do. Because in real terms Budwig Protocol is much more than that. It is healing of body, mind and spirit. Here the difference between winning and losing is so small that your minute neglect can tip the balance of the whole treatment. And that is why thorough and expert training is so important for every patient who wishes to take Budwig Protocol.

Tom's cured his Brain Cancer

My name is Kelly and on February 10, 2002 I brought my husband to the Emergency with a splitting headache and severe vomiting. We thought it was a migraine attack but later found out that it was a brain tumor. On February 12, he had surgery and the biopsy was done. After lab workup surgeon finally declared that he suffered from Glioblastoma Multiforme Grade 4.

The surgeon called me in his office and told me that he removed the tumor as much as he could and Tom had about 6 months to live if he didn't take radiotherapy. If he took radiation it might give him a year. It was a big shock for me. Tom was 37 years old at that time, so young so loving. I did not lose my sweet husband. We were unable to decide what to do, as a last hope we went for radiation. About a week of radiation and he felt terrible and lost all of his energy.

We being Christians, went to church for a prayer. Some friends told us of some alternative therapies. People were fighting and winning the battle against cancer. Dr. Johanna Budwig has had and is having success treating cancer patients with her simple protocol. This way we decided to follow this holistic approach which centered on Flax oil and Cottage Cheese in March.

Tom's three month MRI looked good, his brain scan was clean and the hole where they removed the tumor was empty except for a tiny line around a portion of the inside of the hole. The doctor told that it could be a scar tissue, a benign tumor or a regrowth of the Glioblastoma.

But soon Tom started to recover, began walking for mild exercise and to get some sunlight. We strictly followed the rules and do not eat any pork or fish. It makes it harder for your body to fight cancer if you put unclean and artificial things into it. I think artificial sweetener caused Tom's cancer. He used to drink about 2 liters a day of diet soda every day.

At the six month MRI his brain was completely clean. There was no cancer anywhere. The doctor said that it was a big miracle. In 14 years of practice he had not seen such a healing (CureZone.com).

After 9 months MRI was done in December 2002. He is all right, no sign of any cancer. He started his job and life was back to normal. Praise the Lord Jesus! Dr. Budwig! I am flying in the sky. - Kelly

Healing Story of Jorg Hulf, Hamburg

In September 1980, Jorg Hulf was diagnosed with an adenoid, cystic carcinoma of the tear duct in the left orbital area. He was operated and left eyeball was removed in September 1982. Soon there was a relapse. Again the surgery was performed in the department of oral and maxillofacial surgery in the Oschsenzoll hospital. Doctors told him that his cancer may grow and spread to another eye. So he decided to take the treatment from Dr. Johanna Budwig. Her treatment was scientifically proved, published in medical journals, and is presented at congresses in Germany and abroad (Budwig).

He got the following benefits from using the oil-protein diet and the Eldi oils.

- After surgery the wound healed in a surprisingly short time.
- He had loss of hair in the forehead area, after the first operation. Now hair has grown back in this area.
- He had tooth infection which caused lot of pain, also healed in a short period without ant dental care.
- Blood pressure became normal in a short time and is currently optimal.
- Vision of another eye was improved, from 5.8 previously to the present 4.6.
- He was able to do his job after a short time. He felt very good in body and in mind.
- He frequently suffered from migraine headache before the second operation. His migraine attack was very rare and could be managed without medicines.
- Because his family also strictly taking the oil-protein diet, his wife's chronic constipation vegetative dystonia were cured. Previously, she was treated by doctors for years without success. Similar experiences can also be reported for the children.

How Dr. Budwig saved A. Sch

In early 1993 A. Sch noticed a small growth on the right side of her tongue. Because it was irritating her, she had it surgically removed in the E.N.T. Hospital. Same evening her tongue was swollen and became almost black. She had severe pain and had to be admitted in the hospital for three days. But the doctor assured her that the growth was completely harmless.

After about a week, the hospital told her that she had salivary gland cancer. The growth had already spread in the tongue. A new big operation was suggested under general anesthesia. But she refused to sacrifice her tongue and came back home totally shocked.

She called Dr. Budwig, and took a date for an appointment in the coming week. After meeting Dr. Budwig, she was very much satisfied and cheerful. Meanwhile her family doctor called her to his clinic for a discussion. She went to him. He brutally explained her in harsh words that only removal of 3/4 of the tongue could save her life. She refused for the operation politely. After listening this, he forgot the good manners and he became abusive. He said that she would never survive if she did not go for an operation immediately. She said no, to which he 'shouted: OK then go to hell, no body can help you now. During this entire conversation he did not speak a single word of sympathy. She was completely exhausted and hocked. Every hope of healing was gone. This doctor practically pulled the rug out from

under her feet. Totally crushed her husband took her to Dr. Budwig. She wiped her tears and gave her new hope through her special and unique manner and spirit.

The very next day, she started the oil-protein diet explained thoroughly by Dr. Budwig. She used to talk her whenever she needed a support. But threats calls from her family doctor kept coming and soon she became mentally very depressed and sad. She had terrible nightmares. Her husband was hardly able to console her after such nightmares. In the dream she always died under the worst situations she could imagine. Soon she lost interest in everything. This doctor had simply sentenced her to death.

After two years of encouragement and sympathetic touch on the part of Dr. Budwig, the nightmares became less frequent and the fear and anxiety slowly vanished completely. She survived the sickness, thanks to Dr. Budwig. Today she was again a happy and healthy person. The oil-protein diet had done wonderful recovery to her. She was very happy that God sent her to Dr. Budwig. How troublesome a life without a tongue would have been, even if she had survived at all. May God bless Dr. Budwig, the great woman (Budwig).

Testimonials on our Budwig Protocol group on FB

(https://www.facebook.com/groups/budwig)

Ray Schneider

Well I started Budwig FO/CC on September 25, 2016 and the improvement was noted (CT scans) about three months ago so about March. The interval there is six months, but the timing is in part due to the interval between CT scans. I think I'm continuing to improve but I conclude that only because of reduction is pain experience when coughing or sneezing which used to be sharp and excruciating but has now so decline that at most it is only a slight discomfort and seems to be continuing to decline.

Suzanne Johnson

My husband was diagnosed with prostate cancer, so we started the protocol and 3 months later his PSA had dropped to the point that the doctor said you don't have cancer anymore. Still following protocol will have another test in August to see how he is going, but we think it has gone and we are really enjoying the breakfast and lunch mix and eating vegetarian at night. All the best with your cancer

Kathy Maloney Ormsby

My mom (this is her Face book, I don't have one) did Budwig along with her conventional medicine (surgery where they could, chemo and radiation) when she was diagnosed with Adenocarcinoma NSCLC with brain mets. She only did it for a few months and often cheated on the diet part but was consistent with the FOCC. Since then the cancer has been stable until a few weeks ago we learned a tumor might be forming where she had surgery before so she's doing the FOCC mixture about 2-3 times a day and that's almost all she eats because she's not that hungry. The first time around she was on a heavy dose of steroids to help with the swelling in her brain, this made her very hungry. Today the FOCC is enough to be considered a meal. She also eats apricot kernels, randomly and takes at least 200mg of Laetrile a day. Every situation is different but if I had cancer I

would stick to the Budwig Protocol 100% along with Apricot kernels. Six years of taking my mom to oncology appointments changed the way I see medicine. I am confused by the way chronic diseases are approached and treated. Well meaning doctors throw Hail Mary's hoping that their prescriptions or surgery will do the trick without any idea or concern about what the patients are eating. And when we asked the DIETITIAN at the oncology clinic she said she had never heard of Budwig or any of the alternative cures we discussed and recommended she stick to the food pyramid and drink Ensure if not hungry.

Lynn Martinez-Mulimbayan

My tumor marker went down about 4 months after I started my Budwig Diet. But I'm doing fruit-vegetable juicing, coffee enema and taking a bunch of supplements as well. At the end of the year, I was able to confirm I was in remission when I had my PET CT scan.

Allie Hayes

I cured my female Siberian Husky 8 and a half years ago of autoimmune disease with the Cottage Cheese Budwig protocol . She was given approx 1 month to live at age 4 , she lived another 6 yrs and only died sadly of unrelated kidney disease (caused by steroids as she got asthma after her autoimmune disease) .Also my sons very close 25 yr old friend took the diet seriously and followed it strictly when he was given six weeks to live with secondary cancers that had spread into his bones . He lived another 7 months on the diet . Doctors were shocked how long he went on for ! It’s well worth trying this diet , helps so many things/ ailments not just cancers! Arthritis is another ailment I have seen 95% proven improvement of in two people!

Ray Schneider

I've been on the Budwig Protocol since about late September last year and had substantial tumor reduction and it didn't hurt. You do have occasional diarrhea as the body gets rid of the waste and you might want to include some detox methods which Johanna Budwig talks about as well. I personally didn't use any detox methods. I read about them in a variety of books, don't remember which particularly. Coffee enemas was one of the most commonly referenced and I think there were a number of others.

Barry Williams

I have been on the Budwig for 12 months, and my Tumor has shrunk 50% and I am feeling fine. I am 75 and still do all the work around the section.

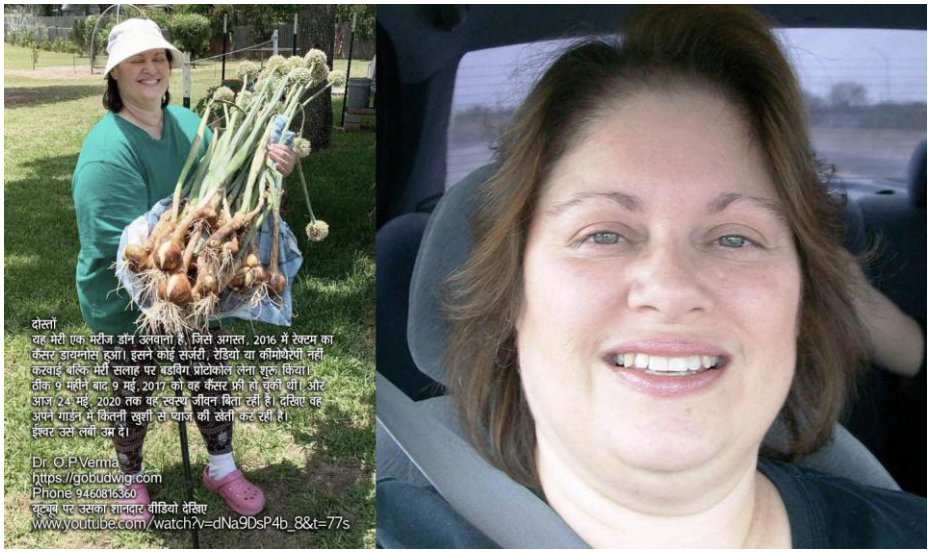
Niti Shah, U.S.A.

Thank you, Dr. Om Verma !! Love your book and the wealth of information you have put it in there so practically! We are going to follow it and live by it thoroughly.... Also deeply appreciate you being so approachable and responsive to the questions we have! It is not always the case. It is almost impossible to find an ethical doctor these days. I think we found one in you! Keep up the good work and sharing your knowledge with all of us.... I also connected with one of your patient who had a complete recovery from a stage 4 cancer and amazed to hear the patient side of the healing journey! Blessings and best of health.

My Cancer journey with Dr O P Verma and his great book

Hello, my name is Dawne and I live in United States. I am here to share you my cancer experience with Dr. Verma's book "Cancer Cause And Cure". It really helped me along my journey. The first three months after I got my diagnosis I was all over the place, I was reading books, I was listening to videos, and I was searching TV, anything and everything that has to do with cancer. One of the biggest problem that I faced was that I was very lonely, I was very afraid and my Oncologist didn't make things better. She was extremely negative and her only way of saying that she was going to cure me was chemo, radiation and surgery. I am on the other hand did not believe in chemo, radiation and surgery. It may have a place in some people but not in my life. I knew that I have to do this through a more holistic natural way. Every part of my body kept telling me not to do chemo and radiation, that there was another way for me and of course I expressed this to my Oncologist and that was a mistake, because she was very negative, she attacked me verbally, calling me a fool, that I am going to die the worst death ever and it was terrifying, it was very scaring.

Like I said, in the First three months I was doing intense research, research of my life and I did a lot of things to heal my cancer and I took everything whatever told me to do it, I did it. I was that afraid so the good news is I must be doing something right when pray to my creator and I ask please guide me in the way, you know you made me, you know how to fix me and undo all the damage that I did to my body because I know I am the one who caused this cancer.



Yes, I have support of my family. Nobody in my family had cancer that knew what to do. So the support they gave me was whatever I decided they would back me up they wouldn't fight me because it is my life. And even I get love from my family I was so alone I was so afraid. Then finally after I was diagnosed I came across a very important book. Oh my goodness, I wish somebody has given me this book at first. It is besides my Bible my creator's word, I consider this my second Bible. The Second most important book in my life and we all know that doctor who wrote this. This is very important to me, but called "Cancer Cause And Cure" and this book really pulled it all together for me. That's the one book that hit me here right in my heart. If I find anybody in my life or if anybody talks about cancer that's the book I am taking him to. It saved my life. It saved my sanity. It kept me from going crazy, wandering, terrified. It was the book that gave me lot of hope. Like I said I don't believe in chemo and radiation. I was already toxic that's why I had cancer, so why I want to put more

toxins in my body. The book gave me a lot of reassurance and guidance and that's what I needed. No other book that I had read and believe me I read a lot of books, no other book was as informative as the Cancer Cause And Cure. One of the things about the book in the beginning that it talks about the topic of cancer and two doctor's works, they explain very simply why we get cancer, why I had got cancer and that's the one thing a lot of western medical doctors here in United States won't talk about it. Don't worry how you got? You got it let's cut it out, lets burn it out. And I was before that and I didn't understand scientific medical journals I am not a doctor. I tried to read those book, they terrified me they put me to sleep and I didn't understand what they were talking about. At least with Dr Verma's book I was able to understand a lot of words written there and at least I can work with that. He speaks about the Budwig, the German doctor and that's why I started in the beginning because my sister and I had talked about it a year ago. It's funny, we talked what would we do if we get cancer and we had talked about the Budwig Protocol and once I got my message from my doctor that I had cancer that's the first thing that came into my head Budwig and I read one of Budwig's book. And it helped me learn about what I am supposed to do, but Dr Verma's book made it just a little bit easier to understand because he explains a lot. I was doing the Budwig but I was not doing it quite right, my timing was off. So his book showed me how I am supposed to do it and I got the timing right and another thing with Dr. Verma, I thank you so much for being on Face book because whenever I had questions, I was able to ask him you know specific question there and he was so gracious to answer my questions. You know a lot of things when you start doing the Budwig and don't have correct information, you don't really understand how you are supposed to do it correct. Lot of people don't do sauerkraut juice, lot of people don't do teas and champagne. I started to understand this and I made it part of my protocol. I was doing it at first, but I was not doing it completely right. And lot of other things western medical doctors here tell you that there a sun, sun is bad for you causes cancer. Budwig didn't say that. She said you needed it. You need sun, it is important. And Dr Verma's book reiterated that and lot of other therapies that I didn't know about. Some therapies that I was doing were the enemas and again I was not doing it quite right until I got Dr Verma's book. And it explains me that how and what I had to do and I also learned about soaks thorough his book, bath soaks and how to do it? How long to do it? What you should be putting in your bath tubs? Why it is important to do these bath soaks? Another thing that I learned was about supplements. How important they were? And foods you stay away from meats. I used to be a big meat eater. Not anymore no thank you no no no. I have thrown away meat and I eat raw vegetables, fruits, nuts and seeds. That is the base of my diet and I learned that a lot about the Budwig Protocol and other therapies that the book covers. And about pain therapies, I did not know that you can help with pain certain supplements or certain just regular foods. And by Turmeric, Turmeric did a lot for me, it helped in my detox.

And another thing is not in just cancer but diabetes, I used to be, I am type 2 diabetic. I was always told that I will never stop type 2 diabetes. I used to take insulin I used to take pills. With the diet I am on and the ways that I followed the Cancer Cause And Cure book, I no longer have to take medicines for diabetes and also no longer high cholesterol. So the book is wonderful as far as helping me in cancer but helping me in other issues. I also learned to do the mental exercises that the book covers and physical exercises . I am very limited in my abilities to do certain exercises. I walk with the cane. I have my back many years ago. But the exercises they talk in the book taught me how to do things to help my cancer, how to get lymph nodes cleared, how to get lymph system moving and also meditation, I never meditated in my life. And I realize the importance of meditation because he wrote in his book. Also organ cleanses liver cleanses, kidney cleanse and even parasite cleanse. I never thought to do parasite cleanse until I got hold of Dr. Verma's book.

I am glad that he also introduced Lothar Hirneise I read in the book how he was successful in healing patients and that he actually knew Dr. Budwig that was so important for me. One of the thing that Lothar covers is the Tumor, how here in United State they will cut the tumor out. And of the thing he specifically says don't do that. Tumor is very important and all along before I even read that I was taught the tumor is just not the cancer, not just the cancer itself, there was more to it, I thought like the tumor was there for important reason, I just don't understand why? But Dr Lothar did and that was good enough for me. And there were many other therapies that other doctors talk about in the book specially dealing with emotions. How emotions help with your past experience and also dealing with people in your life, people that are positive and good for you, but also getting rid of negative people. The first person I got negative was my oncologist. After 3 visits, even when my tumor was shrinking she kept saying you are going die, you are going to die, you have to do this, you have to do chemo, and you have to do radiation. I finally said enough is enough. And I just got off with her. I had another oncologist who is open minded enough. When I told him about what I was doing with the Cancer Cause And Cure and I found Internal Medicine doctor who is integrative, he believes in holistic healing.

One of the thing about The Cancer Cause And Cure book is that you gain an immediate understanding what you got to do. And after first three months I was but once I got the book I followed exactly what it said . I noticed a big difference. First of all I was so calm, I was so relaxed and I put a lot of faith into the book. I now I put my faith in the right ways. This book, you know teaches you how to make the time your friend and the first three months time was not my friend. I thought time was against me. With the book I got to use my time wisely. I don't waste any more time on research. Once I got the Cancer Cause And Cure book that was the end of my research. I knew that I did the right thing by getting the book. And like I said I don't believe Cancer Cause And Cure book is not just for the people with cancer, it's for many other reasons, I feel so much healthier, so much happier.

So Dr Verma from the bottom of my heart, to the top of my heart and throw out my heart, I thank you, I thank you so much for saving my sanity saving my life because the tests that are coming back keep saying that everything is good Sine May and November and I had two tests in between my blood is still clean there is no tumor and there are no swollen nodes and I thank you thank you for being there thank you for writing the book so with that I say farewell you take care and people listen to the book it will save your life Thank you and bless you. Take care… by Mrs. Dawne Ulvano U. S. A.

Watch Dawne Ulvano's interview

https://www.youtube.com/watch?v=dNa9DsP4b_8

Lucie Bois cured her Breast Cancer by Budwig

I shrunk a big tumor (8.5 cm) in my right breast using Essiac and Budwig protocol. plus lots of fresh homemade veggies juices, organic products, coffee enemas and much more. You got to be committed to à very healthy lifestyle to heal safely.

The tumor has shrunk and could barely be detected on my last Doppler ultrasound test last September and my tumor markers went back into normal range. It took me 2 years and à half to be there. My only challenge now is cancer metastasized as Paget disease of the nipple. Long journey some would say. It would be too long to explain all the protocols I've used (and still using) just on a text. I

could say that I used à quite Big arsenal against cancer. Everything God has provide in His nature and non-toxic scientific methods. I never took chemotherapy, radiations nor any surgery.

Prayer and my faith in à good God who wants the best for me. When you know that you are loved deeply by Creator of the universe who came on earth in the person of Jesus, it gives me assurance. I am also persuaded that God is very unpleased with the corruption in the actual medical system and is raising à squad of uncorrupt Ph.D. and survivors who Will show à different way to heal while respecting the Law of Nature. Now I have a very good reason to heal. It is à mission. By Lucie Bois, Dec 15, 2016.

Alisha D'Mello cured her mom's uterine cancer

Hello Dr. Verma, thank you for your inspiration and guidance. My mother who has uterine cancer has started the budwig protocol. She is using 2% organic Cottage Cheese as this is what is available to us. Thank you in advance. By Alisha, posted on Jan 26, 2016.

Hello everyone. Wanted to give an update on mom and share some positivity. She was diagnosed with uterine cancer one year ago..with liver met. Chemo was offered but she declined. Started juicing, doing the budwig protocol, cut out meat dairy and sugar, coffee enemas, light exercise and prayer. Liver met was stable after 3 months, started shrinking after another 3 months. She got results for her CT scan today (its been 6 months since the last one) and all clear! She will continue with her diet indefinitely. By Alisha D'Mello posted on Dec 17, 2016.

Go to top

The Budwig Diet quotes

"What she (Dr. Johanna Budwig) has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: CANCER IS EASILY CURABLE, the treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test-tube) as well as in vivo (real)... " Dr. Dan C. Roehm M.D. FACP (Oncologist and former cardiologist) in 1990

"Cancer patients suffer from a faulty metabolism caused by a malfunction in the lipid defense system. By repairing the lipid defense system the cancer cannot survive. Of course common chemo and radiation causes further harm to the lipid defense system -- the very system that protects you from cancer! The folks who will READILY ADMIT that they don't understand the cancer mechanism will tell you with their next breath that cancer can be killed with poisons. So can you. Would you trust your car to a so-called mechanic who didn't understand what makes a car work properly? If not, why would you let someone who doesn't understand cancer "fix" your body? The average cancer docs don't know - they admit it. That doesn't make them bad people; it just makes them unqualified to treat your condition if you have cancer. Don't let unqualified people poison you just because they don't know what else to do". William Kelley Eidem, author "The Doctor Who Cures Cancer (Dr Revici).

“To sell chemotherapy as ‘therapy’ is most likely the biggest deceit in the history of medicine. Whoever masterminded this chemo-torture deserves a monument in the hell.” Dr. Ryke Geerd Hamer.

"I have the answer to cancer, but American doctors won't listen. They come here and observe my methods and are impressed. Then they want to make a special deal so they can take it home and make a lot of money. I won't do it, so I'm blackballed in every country." Dr. Budwig.

Dr Rudin believes the Omega 3 story parallels the story of Beriberi & Pellagra. It took them 200 years to accept pellagra was a nutrient deficiency.

"Nobody seemed to notice that a crime has been committed: It was the case of the missing nutrient. The nutrient was essential; it was a nutrient we human beings needed in order to stay healthy. It started to disappear from our diet about 75 years ago and now is almost gone. Only about 20% of the amount needed for human health and well-being remains. The nutrient is a fatty acid so important and so little understood that I call it "the nutritional missing link"….Food grade linseed oil & fish oil are the best sources of this special fat—Omega 3 essential fatty acid—which modern food destroys." Donaldo Rudin, M.D. (The Omega 3 Phenomenon)

In a 1994 study of 121 women with breast cancer, those in more advanced stages whose breast cancer had spread to their lymph nodes showed the lowest levels of omega-3 fatty acids in the breast tissue. After 31 months, the 20 women who had developed metastases had significantly lower levels of these EFAs (Essential fatty acids) than those who didn't. Another study out of Boston University using the same type of tissue profiles that were used in the breast cancer study demonstrated that patients with coronary artery disease likewise had low levels of EFAs.

"The association between fats—meaning saturated, refined w6s (Omega 6), rancid fats, processed oils, and altered fats---and cancer, (but excluding w3s and fresh, natural, unrefined oils) has long been documented. (They) interfere with oxygen use in our cells. Heat, hydrogenation, light, and oxygen produce chemically altered fat products that are toxic to our cells….These fats kill people. Healing fats in cancer include…… Omega 3s, enhance oxygen use in cells, decrease tumor formation, slow tumor growth, decrease tumor formation, decrease the spread of cancer cells (metastasis), and extend the patient's survival time. Unsaturated fatty acids in fresh, unheated oils are anti-mutagenic. Saturated fatty acids to not have this protective ability. Heating these oils above 150^0 C makes them lose their protective power, and they become mutation-causing. ALL mass market oils except virgin olive oil have undergone heating during deodorization…When we use virgin olive oil or other unrefined oils for sautéing; frying…we overheat them, destroying their protective, anti-mutagenic properties. ALL hydrogenated and partially hydrogenated products have also been overheated.." by Udo Erasmus (Fats That Heal, Fats That Kill)

"Our immune system, which is vital for destroying cancer cells, requires EFAs, vitamins C, B6, and A, and zinc to function, and requires an exceptionally rich nutrient supply of ALL essential nutrients for its high level of complex cellular activities. Deficiencies of EFAs and toxic, man-made synthetic drugs that interfere with essential fatty acid functions can create the conditions of fatty degeneration collectively known as cancer." By Udo Erasmus.

"Compared to 100 years ago, Omega 3 is down 80%, B vitamins are estimated to be down to about 50% of the daily requirement. Vitamin B6 consumption may be low as it is removed in grain milling and not replaced. Vitamins B1, B2, B3 and E have also been lost in food processing. Minerals are depleted in a similar way. Fiber is down 75-80%. Ant nutrients have increased substantially---saturated fat, 100%; cholesterol, 50%; refined sugar nearly 1000%; salt up to 500%; and funny fat isomers nearly 1,000%." By Dr Rudin

Dr. Johanna Budwig is rightly known far beyond the borders of Germany. Her ingenious, simple, and effective oil-protein diet has found adherents throughout the world and it has helped many people to particularly better deal with their cancer illness.

I had the great good fortune of spending many days in discussion with her over a period of several years, of being able to study her extensive case histories, of giving joint presentations with her, and of thus gaining an understanding of nutrition for myself that extended far beyond that which I was previously able to find in the usual literature. But what was most convincing to me in my activity on the executive board of Menschen gegen Krebs in Germany was the oil-protein diet.

Hardly a day goes by when I do not talk with people on the phone that has changed their diet along the guidelines provided by Dr. Budwig. I am party first-hand to how successful this nutrition therapy is. I consciously use the term nutrition therapy and not cancer diet because I think it would be an injustice to Dr. Budwig to not to distinguish her scientifically grounded oil-protein therapy from all the diets that are offered around the world.

For me the oil-protein diet always serves as the basis of a cancer therapy and please understands that I am not just simply writing this, but that I have carefully chosen my words, as I have become familiar with more than 100 different alternative cancer therapies in recent years, and I have investigated many of them. When Dr. Johanna Budwig died the cancer scene lost one of the last great scientists of the last century, and it behooves each of us to carry her legacy to future generations, so that they as well can profit from the oil-protein diet. By Lothar Hirneise

I am referring to a super nutrient, which has been neglected for decades, it is neither taught properly in the schools, nor the doctors discuss about it openly, multinationals have removed this from our diet, but the hard truth is that it is essential for our body, it keeps us healthy and fit, protects us from many serious ailments, its presence is essential for cellular respiration, our cells suffocate in its absence, without this our life is impossible, name of this nutrient is alpha-linolenic acid, which is head of the omega-3 family and the richest food source is FLAX SEED OIL. By Dr. O.P. Verma, Flax Guru

They (American Cancer Society) lie like scoundrels. By M. Dean Burk PhD who worked for the National Cancer Institute for 34 years

There have been many cancer cures, and all have been ruthlessly and systematically suppressed with a Gestapo-like thoroughness by the cancer establishment. By Robert C. Atkins MD

Essiac Is A Cure For Cancer. I've seen it reverse and eliminate cancers at such a progressed state that nothing medical science currently has could have accomplished similar results. I wouldn't have believed it myself had I not seen it with my own eyes. I feel very strongly that Essiac is the single most beneficial treatment for cancer today. By C.A. Brusch, M.D., J.F.K's personal physician talking to radio talk show host and producer Elaine Alexander in a radio broadcast from Vancouver, British Columbia, in November 1984

The War Against Quackery is a carefully orchestrated, heavily endowed campaign sponsored by extremists holding positions of power in the orthodox hierarchy.....The multimillion-dollar campaign against quackery was never meant to root out incompetent doctors; it was, and is, designed specifically to destroy alternative medicine...The millions were raised and spent because orthodox medicine sees alternative, drugless medicine as a real threat to its economic power. And right they are...the majority of the drug houses will not survive. By Dr Atkins, M.D. (The Healing of Cancer by Barry Lynes)

And what do I actually do? I give cancer patients simple, natural foods. That is all. I take sick people out of the hospital, when it is said there that they do not have more than an hour or two left to live, that the scientifically attested diagnosis is at hand and that the patient is completely moribund. In most cases I can help even these patients quickly and conclusively. By Dr. Johanna Budwig, in "Flax Oil as a True Aid"

Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the body's cells by an anaerobic (i.e., oxygen-deficient) cell respiration. By Dr. Otto Warburg, twice Nobel Laureate

...the cause of cancer is no longer a mystery; we know it occurs whenever any cell is denied 60% of its oxygen requirements. Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. All normal body cells meet their energy needs by respiration of oxygen, whereas cancer cells meet their energy needs in great part by fermentation. All normal body cells are thus obligate aerobes, whereas all cancer cells are partial anaerobes. By Dr. Otto Warburg Prime Cause and Prevention of Cancer

[C]hemotherapy is basically ineffective in the vast majority of cases in which it is given. By Ralph Moss, PhD, former Director of Information for Sloan Kettering Cancer Research Center

Three Australian oncologists - Associate Professor Graeme Morgan, Professor Robyn Ward and Dr. Michael Barton - undertook a meta-analysis aiming to determine the actual contribution of cytotoxic chemotherapy to survival in adult cancer patients. Their results, published in "Clinical Oncology" in 2004 under the title "The contribution of cytotoxic chemotherapy to 5-year survival in adult malignancies" (abstract available at www.ncbi.nlm.nih.gov/pubmed/15630849) found the overall contribution of these drugs to 5-year survival in adults to be an estimated 2.3% in Australia and 2.1% in the USA. See Table: Impact of cytotoxic chemotherapy on 5-year survival in American adults showing the percentage of 5-year survivors after chemotherapy for 22 types of cancer. The authors concluded that "it is clear that cytotoxic chemotherapy only makes a minor contribution to cancer survival".

A detailed review of this important paper is owed to Dr. Ralph Moss and can be read for instance at www.icnr.com/articles/ischemotherapyeffective.html under the title "How Effective Is Chemo Therapy?"

“Best book I've ever read on chemotherapy.” By Healing Cancer Naturally

Ralph Moss' Questioning Chemotherapy is a book that every person faced with cancer must read before submitting to toxic chemicals which may very well destroy the body's immune system. Unlike many alternative health authors who base their conclusions on anecdotal evidence, Moss uses the medical establishment's own research to prove that in almost all instances chemotherapy is NOT a viable approach to improving cancer survival rates. Moss also makes the important point that current cancer research has never bothered to examine the mental anguish, physical suffering, and poor quality of life endured by almost everyone whose doctors talk or scare them into undergoing chemotherapy. Learning about the economics behind chemotherapy drives the final nail into the coffin of a "therapy" that educated people in the future will consider outrageous and reflective of the current dark ages of so-called modern medicine. This is a must read book for anyone who wants to know the truth behind chemotherapy or anyone whose doctor wants to inject toxic chemicals into their bloodstream. Chet Day’s review of “Questioning Chemotherapy: A Critique of the Use of Toxic Drugs in the Treatment of Cancer” by Ralph W. Moss

Except for two forms of cancer, chemotherapy does not cure. It tortures and may shorten life... by Dr. Candace Pert, Georgetown University

Chemo drugs are some of the most toxic substances ever designed to go into a human body, their effects are very serious, and are often the direct cause of death. Like the case of Jackie Onassis, who

underwent chemo for one of the rare diseases in which it generally has some beneficial results: non-Hodgkin's lymphoma. She went into the hospital on Friday and was dead by Tuesday. By Dr Tim O'Shea in TO THE CANCER PATIENT

Cancer researchers, medical journals, and the popular media all have contributed to a situation in which many people with common malignancies are being treated with drugs not known to be effective. By Dr. Martin Shapiro UCLA

Go to top

Disclaimer

This book is not intended to replace the advice and/or care of a qualified health care professional. Please do not try to self diagnose or self treat any disease. Seek professional help and consult your physician before making any dietary changes.

This book is not intended to provide medical advice and is sold with the understanding that the publisher and the author have neither liability nor responsibility to any person or entity with respect to loss, damage or injury caused or alleged to be caused directly or indirectly by the information contained in this book or the use of any products mentioned. Readers should not use any of the product discussed in this book without the advice of a medical profession.

The Food and Drug Administration has not approved the use of any of the natural treatments discussed in this book. This book, and the information contained herein, has not been approved by the Food and the Drug Administration.

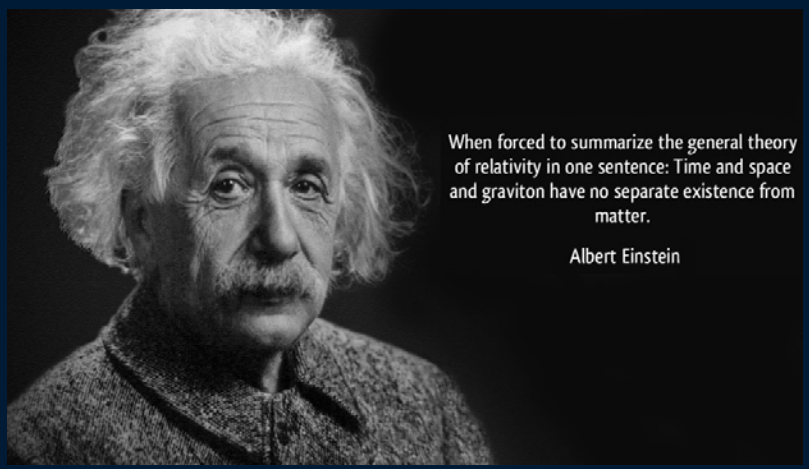
THE FATS SYNDROME & PHOTON S AS SUN'S ENERGY

Sun, photons, electrons....What are they?

Sun rays reach the earth as an inexhaustible source of energy. The sources of power in mineral oil, coal, green plant-foods and fruits are based on the energy supplied by the sun's radiation. Light is the fastest traveler from star to star. There is nothing that travels faster than light. Light speeds along with time. Physicists emphasize that the photon, the quantum, the smallest component of the sun's rays is eternal. It is truly a life element. Life is impossible without the photon.

The photon is always in motion. Nothing can ever halt its motion. The photon is full of colors and can change its color, its frequency, when present in large numbers. The photon—acknowledged to be the purest form of energy, the purest wave, always in motion—can unite with a second photon, when it is in resonance with the other, to form a "short-lived particle." This particle, known as "O" particle, can break up into two photons again, without mass, as a pure wave in motion. This is the basis for the wonderful back and forth movement between light and matter. This photon can never be pinned down to one location. This is the foundation for the Theory of Relativity. The photon gave rise to Max Planck's and Einstein's formation of the quantum theory which is of such significance today.

Matter and its components


When forced to summarize the general theory of relativity in one sentence: Time and space and graviton have no separate existence from matter.
Albert Einstein

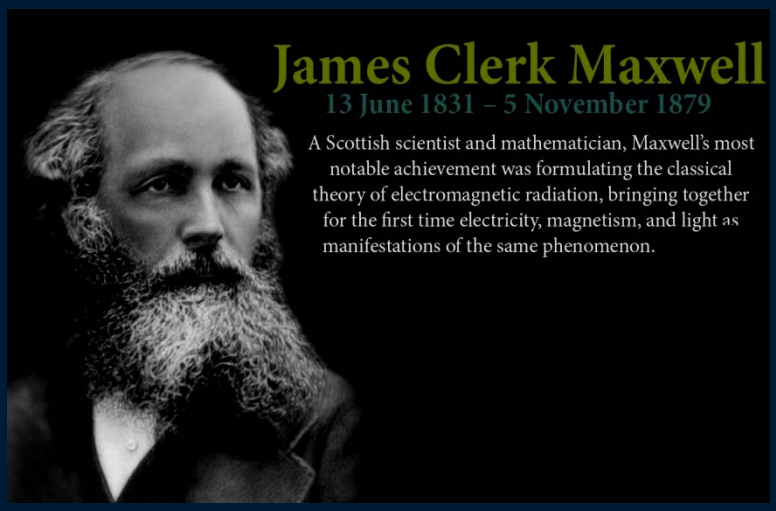
Electrons are already a constituent of matter, even though they are also in continual movements. They vibrate continually on their own wavelength. They have their own frequency, like radio receivers which are set at a certain wavelength. The electron orbits in matter around a nucleus. The heavy matter in the nucleus is charged with positive electricity. In

contrast to this, the electron carries a negative charge. The positively charged nucleus and the negatively charged electron attract each other by means of their electrical opposition. But the electron, always in motion, never approaches the nucleus close enough to be drawn out of its own orbit. It maintains a certain freedom of movement within its prescribed orbit.

The electron loves photons. It attracts photons by its magnetic field. When an electrical charge moves, it always produces a magnetic field. The moving photon also has a magnetic field. Both fields, the magnetic field of the electrons and the magnetic field of the photons attract each other when the wavelengths are in tune. The wave length of the photon—which the photon can change—must fit into the wavelength of the orbiting electron so that the orbit maintains a complete wavelength. This feature is extremely interesting in terms of its physical, biological and even philosophical consequences. Matter always has its own vibration, and so, of course, does the living body. The absorption of energy must correspond to one's own wavelength.

Sunbeams are very much in harmony with human. It is no coincidence that we love the sun. The quantum biologists say that the resonance in our body is so strongly tuned to the sun's energy that: There is nothing else on earth with a higher concentration of photons of the sun's energy than man. This concentration of the sun's energy with their highly suitable wavelengths is improved when we eat electron-rich food. The electrons attract the electromagnetic waves of sunbeams. Flax seed oil contain high amount of electrons which are on the wavelength of the sun's energy. Scientifically, these oils are even known as electron-rich essential highly unsaturated fats. The famous Quantum Physicist Dessauer writes: If it were possible to increase' the concentration of solar electrons tenfold in this electron-rich unsaturated fats, then man would be able to live 10,000 years.

The sun's energy and man as an antenna


James Clerk Maxwell
13 June 1831 – 5 November 1879
A Scottish scientist and mathematician, Maxwell's most notable achievement was formulating the classical theory of electromagnetic radiation, bringing together for the first time electricity, magnetism, and light as manifestations of the same phenomenon.

Almost everyone knows what an antenna is. The marvelous science of Maxwell, the physicist, concerning electro-magnetic waves today are well-researched and of practical use. Famous examples are telegraphy, radio, television, microwave oven, cell phones and various applications of high-frequency technology in the manufacturing of electromagnets, the atom bomb and research into nuclear power as a source of

energy. Maxwell was able to show that an electric current flowing in an electrically conductive matter produces a magnetic field. Also electrically conductive matter which is moved within a magnet's field, will produce a current. When an atomic particle, such as an electron, is accelerated by an electric field, this produces electric and magnetic fields, which travel at right angles to each other, produces electromagnetic wave. These fundamental, elementary laws can also be applied to biological processes.

When the sun shines on the leafy canopy of a tree and is absorbed through photosynthesis, this causes movement in the electrical charge of the electrons. A magnetic field is also brought about when the water in trees rises. When we, with our wealth of electrons and conductive living substance, move through the electro-magnetic field of a forest, then a charging with solar electrons takes place in us. When our blood circulates, there is a movement of the electrical charge in the magnetic fields (for example, on the surface lipids of red blood corpuscles), which then causes much induction and re-induction of energy.

With each heartbeat, a dose of the body's own electron-rich, highly unsaturated fats from the lymph system, together with lymph fluid, goes into the blood vessels and thereby into the heart. This constantly stimulates and strengthens the electro-motoric functioning of the heart; Even the movement of the bloodstream is connected with radiation of electromagnetic waves-in accordance with the fundamental law of nature which governs electro-magnetic waves. This transmitter within humans is always in action.

This transmitter is also observed in neurons. The cylindrical structure of our nerves with the different layers and ganglions, with the difference in electrical potential between the neurons and dendrites, immediately supplies the picture of how strongly an electric current in a magnetic field leads to the emitting of electromagnetic waves. When I think a positive thought about another person, this involves the emitting of electromagnetic waves. The reception of thought also depends on the wavelength to which the receiver is tuned. There are amplifiers, as well as transmitters that interfere. This encompasses a whole host of situations that are known under different names such as telepathy, hypnosis, mental telepathy, and many others.

Among Nordic peoples, it is known that the isolated native inhabitants use a tree to amplify thought transmission, for example, to inform the husband who had gone to town, that he should bring back some salt. Bismark described how, during periods of trouble or pressure, he found relaxation by putting his arms around a tree and leaning his forehead against the trunk. In both cases, it involves electromagnetic waves that behave in accord with Maxwell's mathematical equations.

Fat Syndrome

The special relationship between photons, electrons and Essential Fats (EFAs) described by Dr. Budwig is due to the amazing molecular structures of LA (cis-linoleic acid), ALA (cis-linolenic acid). The cis-configuration allows de-localized

electron clouds (pi-electrons) to form in the bend produced on the chain. The resulting electrostatic force enables the EFAs to capture oxygen molecules and hold proteins within cell membranes. Like static electricity in a capacitor these charges can produce measurable bioelectric currents essential to nerve, muscle, heart and membrane functions. EFAs are extremely important to the body's overall energy exchange potential — the flow of life force.

Let us concentrate on the actual fats syndrome with its effects on the brain and nerve functions, the organs of the senses, the secretion of mucous, the functioning of the stomach and intestinal tract, liver, gall bladder and kidneys, the lymph and blood vessels, the skin, respiration, the immunity system, the fertilization processes and sexuality. All of these systems and processes of the human being are very much connected with electron-rich highly unsaturated fats, as receivers, amplifiers and transmitters of electro-magnetic waves, and as supervisor of the vital functions. *The famous Quantum Physicist Dessauer writes: If it were possible to increase the concentration of solar electrons tenfold in this electron-rich unsaturated fat molecule, then man would be able to live 10,000 years.*

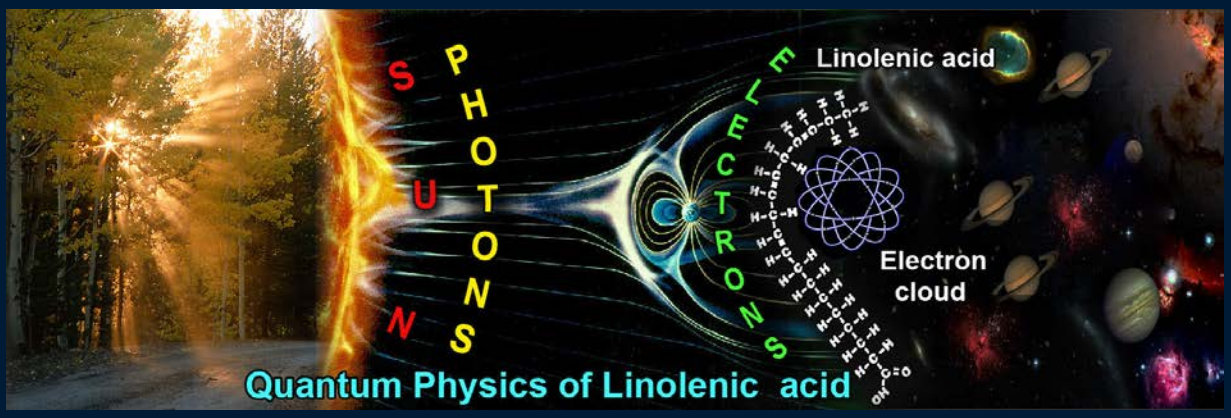
Anti-Mensch

Physicists interpret from mathematical formulae that man, with his wealth of electrons, is directed forward in time, which conceals within him the greatest potential to attract the sun's energy, and is directed against entropy. By means of these mathematical formulae, applied to Physics, and by reversing time, the mirror image of human beings is coined—the "Anti-Mensch", lacking electrons, lacks power and strength and directed into the past. It increases the occurrence of cancer. His thought processes, too—is paralyzed, because the element of life, the sun-attuned electrons, is missing.

The process by which x-rays, gamma rays, atom bombs or cobalt rays are set in motion is also equally directed toward the development of the "Anti-Mensch". The electronic structure of the vital functions is destroyed by such rays. According to Feynman's "World Line Diagram" and modern theory of relativity, time and space have been given a relationship in a formula. The "Anti-Mensch" is directed into the past. Human's body tissues with its interplay between solar energy photons and large number of electrons, with its concentration of photons in life's activities and in the dynamics of the vital functions, are directed into the future.

But, when people began to hydrogenate the oils to increase their shelf-life; no-one thought about the consequences of this. In this process these vitally important electrons were destroyed. During hydrogenation, vegetable oils are reacted with hydrogen gas at high temperature. A nickel is used to speed up the reaction and unsaturated fats are hardened. This negative aspect concerning the development of the "Anti-Mensch" is in accordance with Feynman's "World Line Diagram". I emphasize that it means the fats and oils which have had their electron structure destroyed serve, within time and space, to promote the development of the "Anti-Mensch".

The electrons as resonance system



The electrons in our food serve as the resonance system for the sun's energy. Their electro-magnetic field attracts the photons in sunlight. The physicist cannot imagine life without these active and vital photons. These photons, which are in resonance with the electrons in seed oils, are focused on the same wavelength as the sun's energy, serve the life element. This interplay of solar energy photons and the electrons in seed oils governs all the vital functions. Fats are the dominant factor for all the vital functions, according to Ivar Bang.

The electrons of highly unsaturated fats from seed oils, which are on the same wavelength as sunlight, are capable of drawing solar energy and storing it, then, upon demand, of activating it as the purest energy in the form of the electrons clouds, and making it available for the vital functions. All the vital functions are closely connected with membrane function. The exchange of electrons, the distribution of energy in the whole organism is dependent on these membrane functions — in the nerve pathways, the brain, in every organ, the liver, gall bladder and pancreas in the stomach's mucous membrane and in the kidneys and intestinal tract. The controlling functions of these membranes with their electro-motoric power, is felt everywhere. This is also true for the respiratory functions, and in oxygen absorption and utilization. It also applies to cell division — to all normal growth processes. It is true for the catabolism of substance in the elimination processes taking place by way of the kidneys, intestinal tract and also for the growth of hair and nails, as well as for the development of young life in the womb. Most significant point is that it is this electronic energy that heals cancer. This turning point in the field of proven successful cancer therapy is only one aspect of much bigger picture of the Quantum Biology. A lot of mysteries and miracles have yet to be discovered by doing research in Quantum Biology.

How can we once more reach the peak of human development?

Freeing you from the influences and effects of radiation and from environmental factors which promote development into the "Anti-Mensch", seem important. These goals, set by the individual who chooses, or by the state and food industries with their organization and planning, should be to see that the food we eat consists of electron-rich nutrition. An electron-rich food intake which

supplies us with the resonance system for the sun's energy, must once more achieve priority. Such food, as the life element, promotes our sun-attuned energy. This in turn promotes our development, in space and time, into the future. The entire self can then grow and continue to develop further until, in accordance with the laws of nature which govern light *and life, the highest level of our being is achieved.* *(Excerpted from Dr Johanna Budwig's book "Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases")*

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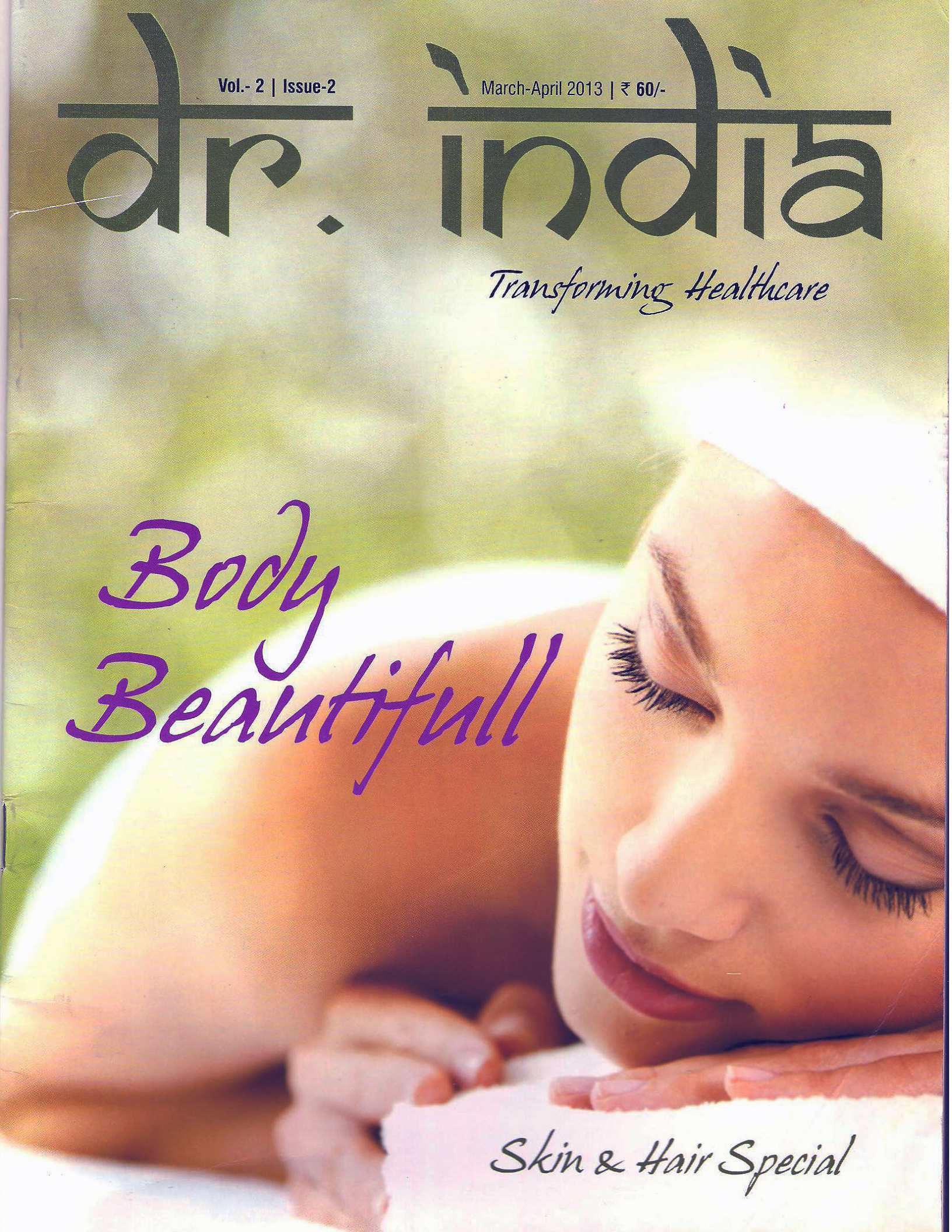
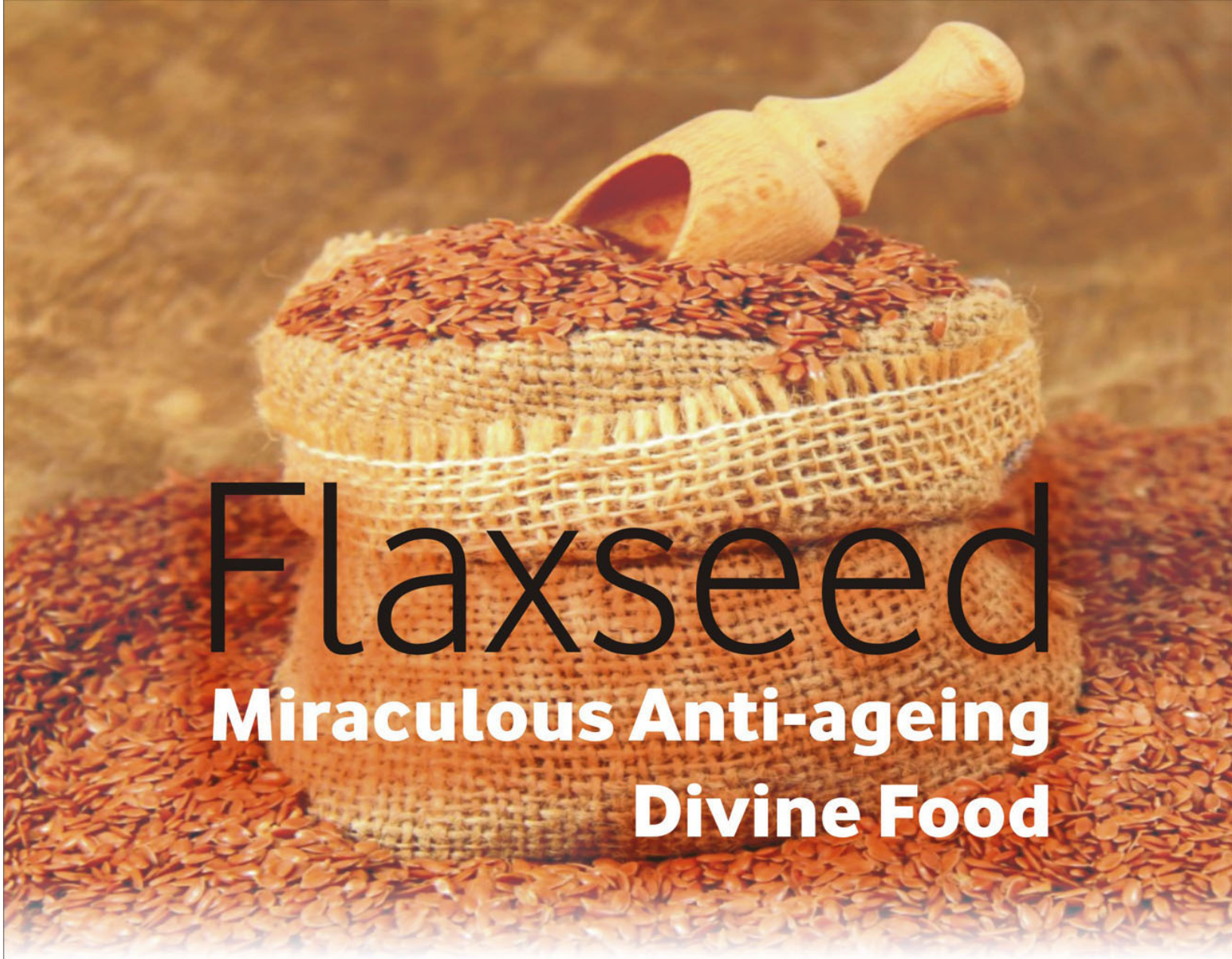
Transforming Healthcare



Body Beautifull

Skin & Hair Special



Flaxseed

Miraculous Anti-ageing Divine Food

What is Flaxseed and how can it benefit me? I was faced with this question when I started hearing about Flaxseed not long ago. It became a 'buzz word' in society and seems to be making great role in increased health for many. I wanted to join that wagon of wellness and so I researched until I felt satisfied that it could help me, too.

Botanical name of flaxseeds is Linum usitatissimum, the flax plant, which has been widely used for thousands of years as a source of food, clothing and decorating houses (paints, linoleum flooring etc.). Usitatissimum means useful seeds. The crushed seed makes a very useful poultice in the treatment of ulceration, abscesses, deep-seated inflammations and even skin cancers. Flaxseeds have become very popular recently, because they are a richest source of the Omega 3 essential fatty acid; known as Alpha Linolenic Acid (ALA), lignans and fiber. People in the new millennium may see flaxseed as an important new food super star.

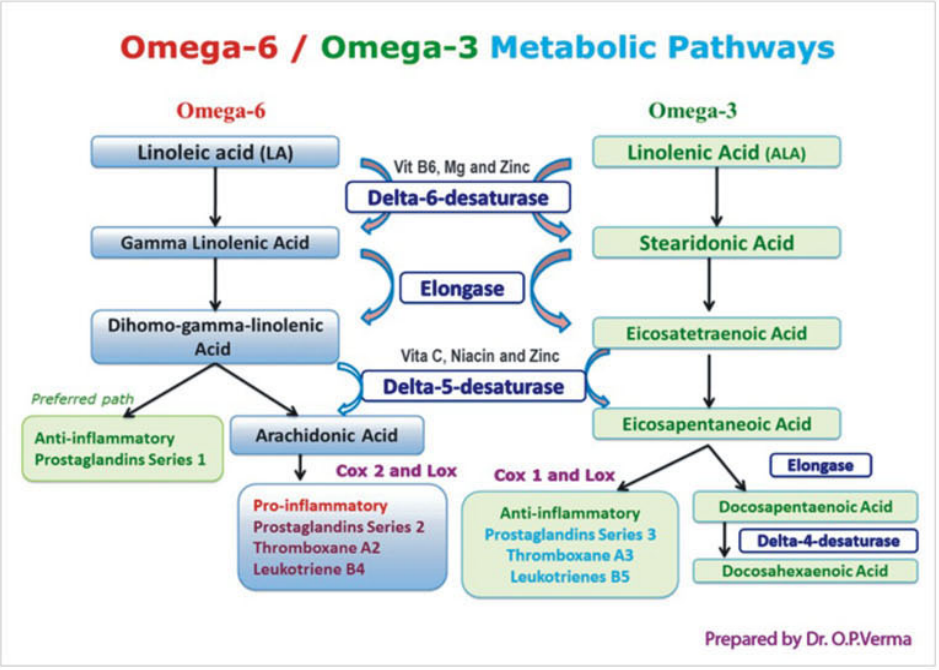
Flaxseed increase oxygen consumption at the cellular level resulting in increased energy and stamina, and feeling of well-being. Even Gandhi wrote in his book: "Wherever flaxseed becomes a regular food item among the people, there will be better health." In the 8th century, French king Charle magne even passed a law requiring his people to use flax seed so that they would be healthier.

Omega-3 Fatty Acid - Anti-entropy Factor

Flaxseed has essential Omega-3 fatty acid called alpha-linolenic acid (18:3 n-3). Omega-3 is also converted into another class of chemical called prostaglandins, (a specific chemical/ hormone group which are essential to regular functioning of healthy cell). They are important for the regulation of inflammation, pain, swelling, blood pressure, heart function, gastrointestinal function and secretion, kidney function and fluid balance, blood clotting and platelet aggregation, allergic response, nerve transmission, steroid production and hormone synthesis. If the omega-3 prostaglandins produced are either lacking or unbalanced, leading to dysfunction of these vital bodily activities.

It turns out that both the omega-3 and omega-6 pathway utilize the same enzymes, so both have to compete for

these enzymes. Both groups of prostaglandins perform vitally important functions and supplement each other through complex and multi-faceted interactions. For centuries ratio of Omega-6 and Omega-3 was perfect e.g. 2:1 or even 4:1 (very ideal ratio). But after the global switch to industrial agriculture and processed foods it is 20:1, 40:1 or more (!!!). This throws the body into the state of chronic inflammation, giving rise to inflammation-related chronic diseases, including thrombosis, arthritis, diabetes, atherosclerosis and coronary heart disease, cancer and asthma.



Lignan is a Superman

Lignans are unique fiber-related polyphenols that provide us with antioxidant benefits, fiber-like benefits, and also act as phytestrogens. Flaxseeds is the #1 source of lignans on earth. They contain about 338 times as many lignans as sunflower seeds, 475 times as many as cashew nuts, and 3,200 times as many lignans as peanuts.

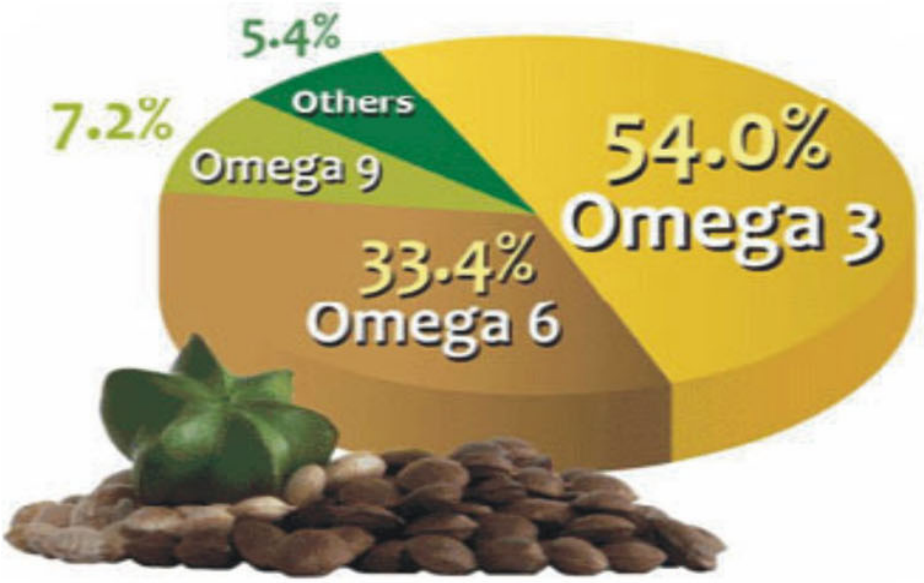
When flaxseeds are compared with other commonly eaten foods in terms of their Antioxidant value flaxseeds rank 9th among 100 commonly eaten foods, much higher than blueberries or olives. Lignan has immunostimulatory, anti-bacterial, anti-fungal, anti-lupus and anti-viral effects.

The most important lignan in flaxseed is secoisolariciresinol diglycoside or simply SDG. When eaten SDG in flaxseed is converted by bacteria in the colon to the mammalian lignans-Enterolactone and Enterodiol.

Lignans have week estrogen-like action and act as hormone balancers. In conditions which are linked with excess estrogen (such as PMS and breast cancer) lignans compete with woman's own estrogen, having an estrogen lowering effect.

In conditions associated with declining estrogen levels such as menopause, lignans have the opposite effect, increasing levels of estrogen. This balancing action is due to their ability to competitively lock onto our body's estrogen receptor sites. Consequently, lignans are used to reduce symptoms of menopause, such as hot flushes, mood swings and breast tenderness. It is also beneficial in habitual abortion and sterility. Other condition where lignans may be helpful due to their estrogenic effect includes bone health, prostate conditions, hair loss and acne.

Dr. Danial Daves, Director of A.R.A.I proposes that flax lignans for the treatment of AIDS. His research shows 97% success rate for AIDS sufferers who consume flax lignans. The Flax Lignans supercharge the depleted immune system and gives an AIDS sufferer a new life, new hope and a future.



Heart Healer

Flaxseed inhibits the production of pro-inflammatory cytokines, eicosanoids and cytokines; thus reduces inflammatory responses. One way that Flaxseed helps the heart is by decreasing the ability of platelets to clump together, thus it acts as natural aspirin.

Flax seed helps to lower high blood pressure, clears clogged coronaries like a sweeper, lowers high blood cholesterol, bad LDL cholesterol and triglyceride levels and raises good HDL cholesterol. Intake of flaxseeds has also been shown to decrease the ratio of LDL to HDL cholesterol.

Flaxseeds prevent clot formation in arteries, which may result in strokes, heart attacks and thrombosis. Omega-3 Fatty acids

present in Flaxseed appear to enhance the mechanical performance and electrical stability of the heart and to protect against fatal arrhythmias.

Flaxseed - Diabetes Terminator

Flaxseed is a zero carb whole grain food and helps stabilize blood sugar levels for longer. Let me explain you the sweet maths. 14 Gm of Flax contains 2.56 gm, protein 5.9 gm fat, 0.97 gm Moisture and 0.53 gm ash Total is 0.97+2.56+5.90+0.53=9.86 gm. The Remaining amount 14 - 9.86 = 4.04 is Carb, and by subtracting fiber (3.8 gm) we get actual sugar value 4.04-3.8=0.24. 0.24, which is comparatively negligible amount so practically Flax is called a ZERO carb food.

Omega 3 makes your brain feel satiated and helps stop food cravings! Flax is an excellent source of fiber - helping you feel fuller for longer. Flax lignans help heal the body lessening or preventing complications from diabetes. In a University of Toronto study, flaxseed bread was shown to lower blood sugar by 28% within an hour vs. those who ate otherwise similar bread with no flax content.

Digestive System - Funda of Fiber

Flaxseed is rich in both soluble, insoluble fiber and mucilage. Flax fiber is an excellent food for friendly bacteria in the intestine which keeps disease-causing organisms in check. Consumed with plenty of pure water, flax seed softens the stool and makes bowel elimination easier, a blessing to those with any level of constipation. The researcher concluded that flaxseed relieved constipation more effectively than psyllium husk. Taken for inflammatory bowel diseases like Irretable bowel syndrome, diverticulitis or ulcerative colitis. Finally, flaxseed has been shown to reduce risk of colon cancer.

Rejuvenates Skin, hair and nail

The essential fats in flaxseed are responsible for its skin-healing powers. Dry skin, acne, rosacea, eczema, dandruff and psoriasis often respond to its anti-inflammatory actions and skin-soothing properties. It is a fountain of youth. The omega-3 fatty acids in flaxseed have been shown to contribute to strengthen and

Relative Antioxidant Activity	
Vitamin E	1
SDG (Flax Lignan)	1.27
SECO (Aglycone)	4.86
Enterodiol (Mammalian Lignan)	5.02
Enterolactone (Mammalian lignan)	4.35

fortify hair. It prevents and sometimes reverses premature graying of hair. Similarly, the Flaxseeds work to nourish dry or brittle nails. Flaxseed oil makes skin very soft, fair, moist and attractive. Flaxseed has anti-wrinkle effect. Flaxseed is internal cosmetic. It is natural manicure and pedicure.

CNS - Flax is Sim Card of Mind

Think of your brain like the engine in your car. It needs oil just like your car does. Omega 3 is that oil. In the development of our brain, Omega 3 is vital for memory and performance, and it is needed for the transmission and reception of brain signals.

The Flaxseed is a feel good food and keeps your mind cool and cheerful. You don't become angry. Your mood is always elated and positive. This is super anti depressant. Flaxseeds are essential for the function and structure of the brain and improve cognition, memory learning skill and concentration. Flaxseed is SIM CARD of mind's circuit. Here SIM means Serene, Imagination & Memory and CARD denotes Creativity & Concentration, Alertness, Reading writing & thinking ability and divine. Flax has been scientifically proven to treat depression, diabetic neuropathy, Alzheimer's disease, Parkinson's disease and multiple sclerosis. Flaxseed can improve eyesight and perception of colors. Colors look bolder and vivid.

Arthritis

The two most common forms of arthritis are osteoarthritis and rheumatoid arthritis. Flaxseeds slowly heal these inflammatory joint diseases.

Dr. Budwig Cancer Protocol

Discussion about Flaxseed is never complete without highlighting achievements of Dr. Johanna Budwig, top European cancer research scientist. She proposed Flaxseed oil and cottage cheese diet for treatment of cancer, arteriosclerosis, stroke, cardiac infarction, arthritis and even immune deficiencies. Thousands of cancer patients have been helped by her protocol with 90% documented success rate. Testimonials can be found for almost every type of cancers, even late stage. Dr. Budwig has treated many seriously ill individuals, even those given up by medical practitioners, to regain their health through a simple regimen of nutrition. Dr. Budwig has been nominated for a Nobel Prize 7 times, but was not given because of her refusal to use radiation or chemotherapy.

Best of the Best for Body Building

Flaxseed has received an overwhelming response from the athletic and bodybuilding community. An article entitled "Best of the Best", published in the bodybuilding and health enthusiast magazine Muscle Media 2000, claims flaxseed as "the hottest idea in bodybuilding" and "a surprising new category of bodybuilding supplement." Mr. Dan Duchene in his column "Ask the Guru", also writing for Muscle Media 2000, and ranked flaxseed as the number one bodybuilding supplement. Beyond providing essential nutrients flaxseed provides valuable fuel required by today's high intensity athlete. Flaxseed increases energy, vitality, stamina and shortens recovery time for fatigued muscles after exertion.

The benefits of flaxseed for athletic performance been demonstrated in preparing Hilary Swank as a boxer in Clint Eastwood's film, Million Dollar Baby. Grant Roberts (her Fitness Trainer) had the task of adding at least 10 pounds of lean muscle in just nine 9 weeks. In addition to an intense training, he gave her 8 or 9 tablespoons flaxseed oil daily. Surprisingly, Swank's hard work added more than 20 pounds of muscle in that time. According to Roberts, nutrition represents 60% to 70% of the effective input to building lean body mass. The remaining 30% to 40% of positive results arise from exercise program.

Ways to include flax seed and flax oil in home cooking

- Sprinkle ground flaxseeds onto your hot or cold cereal.
- Add flaxseeds to your homemade chapatti, cookie or bread recipe.
- To pump up the nutritional volume of your breakfast shake or smoothies add ground flaxseeds.
- How much should be taken in a day - The recommended daily dose for most people is approx. 30-50 gm.

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dr. india

Transforming Healthcare

CARE For Joints

2 Anniversary Special

Since the dawn of history, mankind has been haunted by cancer, the disease remained largely incurable. For almost a century, this disease has been the target of an investment business - the pharmaceutical industry - that has turned this epidemic into a multi-billion dollar business.

The outcome was predictable. Today, at the beginning of the 21st Century, cancer is spreading globally, for most types of cancer the death rate still increases and the skyrocketing costs are financially ruining millions of cancer patients and strangulating the economies of entire nations. Think again, are we really going on the right path? Does chemo and radio really attack on the prime cause of cancer?

On the other hand allopathy has always suppressed alternative cancer therapies. But in reality much more is available to cancer patients than just chemo and radio. Without any doubt Budwig Protocol is the best of all alternative therapies.

So what is the prime cause of Cancer?

Dr. Otto Warburg has proved that the prime cause of cancer is oxygen deficiency in the cell. Without oxygen cell starts to ferment glucose and produce lactic acid, and creates an acidic state in the body. He got Noble Prize for this great discovery in 1931.

He proved that sulfur containing protein and some unknown fat is required to attract oxygen into the cell. He experimented with butyric acid, but it was

Budwig Cancer Therapy

Delicious delicate and descent way to defeat dreadful disease-The Cancer

a failure. For many decades scientists were trying to identify this unknown and mysterious fat but nobody succeeded.

Here enters Dr. Johanna Budwig in the scenario

Dr. Johanna Budwig was a qualified German pharmacologist, chemist and physicist with a doctorate in physics who worked as the chief expert for drugs and fats at the Federal Institute in Germany. She is described as the world's leading authority on fats and oils.

In 1949 Dr. Budwig developed Paper Chromatography to ident fats. This meant that for the first time fats, fatty acids and lipoproteins could be detected directly even in the smallest proportions. She proved that electron rich highly unsaturated Linoleic and Linolenic fatty acids are the undiscovered decisive fats required for respiration that Otto Warburg had been unable to find. She studied the electromotoric function of pi-electrons of the linolenic acid in the cell membranes. This immediately caused a furor. Cancer problem was brought in. Hydrogenated and Trans fats proved to be respiratory poisons.

Dr. Budwig found that the blood of seriously ill cancer patients was deficient in these omega-3 fats, lipoproteins, phosphatides, and hemoglobin.

Thus Budwig came up with a treatment program based on two simple ingredients: flax oil and cottage cheese. Then she decided to go for human trials and started to give flax oil and cottage cheese to several hundred cancer patients in Munster. After just three months, her patients began to improve in health and strength, tumors gradually receded and at the same time the nutrients began to rise. Thus Budwig had found a cure for cancer. It was a great victory and first milestone in the battle against cancer. Her treatment protocol is based on the consumption of flax seed oil with low fat cottage cheese, raw organic diet, mild exercise, and the healing powers of the sun. She treated approx. 2500 cancer patients up to 2002 with over 90% documented success.

She had been nominated 7 times for Nobel Prize but with a condition that she will also use chemo and radio. They did not want to collapse this 200 billion dollar business over night. She always refused to support the damaging chemo and radio for the sake of humanity.

BUDWIG DIET

The Budwig Diet is one of the most widely followed alternative treatment for cancer and chronic diseases. The diet seems simple, but foods are powerful and can heal a person.

6:00 AM - Sauerkraut juice

A glass of sauerkraut juice or butter milk is to be consumed every morning. It is alkalizing, rich in vitamins C, enzymes and probiotic. Sauerkraut is cabbage that has been pickled by natural fermentation.

8:00 AM Breakfast

Herbal tea Start breakfast with a cup of warm herbal or green tea. Sweeten with only natural honey. Patient should take such a tea half an hour before each meal.

Oil-Protein Muesli or Om khand This should be made fresh and consumed within 15 minutes. It is full of high energy pi-electrons.

Blend 3 *Tbs (tablespoon) cold pressed flax oil with 6 Tbs low-fat Cottage cheese (Paneer) with a hand-held immersion electric blender. If mixture is thick add 2-3 Tbs milk. The mixture should be thoroughly blended with no separated oil.

Add various fruits such as fresh berries, apple, cherry, orange, banana etc. totaling 1/2 to 1 cup of fruit. Berries have Ellagic acids which are strong cancer fighters.

Use organic raw nuts such as walnuts, almonds, raisins, apricots and Brazil nut. They have sulfurated proteins, omega-3 fats and vitamins. Brazil nut is important because a single nut provides you with all of the selenium you need for the day. It boosts immunity. Peanuts are prohibited.

For flavor add natural vanilla, cinnamon, lemon juice, or shredded coconut.

10 AM Vegetable juice

Freshly pressed vegetable juice from carrots, beets, celery, tomato, radish, lemon, apple. Carrot & beet juices are especially helpful to the liver and are strong cancer killers. Vary vegetables. Some tasty and nutritious combinations are beet and apple, carrot and apple, carrot and beet, asparagus, celery and apple.

12:15 PM Lunch

Salad Platter: Salad plate with cottage cheese-flaxseed mayo dressing. As salad use dandelion, Celery, tomato, cucumber, lettuce, radish, cabbage, broccoli, pepper etc.

To make mayo salad dressing mix together 2 tbs Flax Oil, 2 tbs milk, and 4 tbs Yoghurt. Then add 2 tbs of Lemon juice (or Apple Cider Vinegar) and Mustard plus some herbs.

Main Course: Cook vegetables in water, then flavor with Oleolox and herbs possibly with oatmeal, soy sauce, curry etc. Vegetable soup can be flavored with a little Oleolox and yeast flakes. As side dish for the vegetables: buckwheat, brown rice, millet or potatoes. One or two multigrain chapatti can be taken.

Lunch Dessert: Like breakfast Cottage cheese/ Flax oil mixture prepared with dry fruits and fruit such as pineapple is served with lunch.

3 PM Fruit juice

2 tbs freshly ground flaxseed with 1 glass grape, cherry, pomegranate or orange juice.

3:30 PM Fruit juice

2 tbs freshly ground flaxseed with pure pineapple or papaya juice.

6 PM Supper

The evening meal should be light and served early, around 6 p.m. A warm soup, lentils or cooked vegetables may be served with brown rice, buckwheat or oat meal. Most easily tolerated and nourishing are the dishes made with buckwheat grouts.

OLEOLOX should be liberally added to sauces and soups, making them nourishing and a richer source of energy.

PRECAUTIONS

Reverse Osmosis (R.O.) filtered water for drinking, cooking and enemas etc.

Eat Organic Diet as far as possible.

Dental Care The root canals of dead teeth are full of bacteria that attack the liver and lymph system. You should remove them.

Frying and deep frying Frying and deep frying is not allowed. Never heat any oil in the kitchen. By heating oils the wealth of electrons is destroyed, Trans fats and dangerous toxic chemicals are formed in the oil. Boiling and steaming are good practices. You can fry vegetables etc. in water and add oleolox before serving.

Chemo and Radio Budwig used to say with full confidence and clarity, "My treatment attacks on the real cause of cancer; it fills cancer cells with high energy pi-electrons which attract oxygen into the cells. And cancer cells start to breathe and produce energy. Thus cancer suffocates in presence of oxygen and starts to die.

Man-made Supplements With this treatment man-made antioxidants, synthetic vitamins and pain killers should not be given. Budwig favors natural, herbal and homeopathy.

PROHIBITIONS OF BUDWIG PROTOCOL

In this protocol there are certain restrictions. They are as important as the diet itself. It is very difficult to defeat the cancer without strictly following these rules.

SUGAR IS ABSOLUTELY FORBIDDEN. Jiggery, and artificial sweeteners like aspartame are not permitted. You can use only unprocessed natural honey, stevia and fruit juices.

Be Vegetarian - Meat, fish, poultry, eggs, butter and ghee are never allowed. Preserved meat is highly processed and treated with dangerous antibiotics, preservatives and nitrates.

Stop using Hydrogenated Fat and Refined oil - You can never eat, fast food, fried food, pastry, biscuits, samosa etc. as they all are made by hydrogenated. Hydrogenation is a very dangerous process, used to increase shelf life of fats. In this process (in which oil is heated at very high temperature and Hydrogen is passed through oils in presence of nickel) killing trans-fats are formed, high energy live and vital electrons are destroyed and nutrients are damaged. Hydrogenated Fat is just a dead, nutrition less and cancer causing liquid plastic. Budwig always preached against these damaging fats. She has allowed low fat cheese, oleolox and coconut oil.

Preservatives and Processed Food - You should not consume Potato chips, soft drinks etc. which are full of preservatives. Never consume highly processed food like ready to eat packed foods, pasta, pastries, bread and soy products, tofu etc. Good quality soy souse is permitted.

Microwave, Teflon, Aluminum and Plastic- Never cook in Microwave oven. Food cooked in microwave is toxic and deformed. Also don't use Aluminum, plastic, Teflon coated non-stick cookware and aluminum foils. Use stainless steel, iron, china clay or glass utensils instead.

Throw away Chemicals and pesticides -

Avoid pesticides and chemicals, even those in household products & cosmetics. Stay away from mosquito repellants, sun screen lotions and sun glasses.

Wear natural fiber - Don't wear clothes made from synthetic fibers like nylon, polyester, acrylic. Wear cotton, wool or silk instead. Don't use foam pillow and mattress.

CRT TV and mobiles - emit dangerous radiation, so do not use them. You can watch LCD and plasma TVs.

No left over food should be prepared fresh and eaten soon after preparation to maximize intake of health-giving electrons & enzymes.

ELECTRON DIFFERENTIAL OILS

Dr. Budwig created a unique Eldi oil after performing precise spectroscopic measurements of the light absorption in different oils. It is made from flax oil,

wheat germ oil, natural vitamin-E, etheric oils and sulfhydryl groups.*

Body Massage Two times a day, rub flax oil onto the skin over the whole body, a bit more intensely on the shoulders armpits, breast and groin Take warm shower without washing with soap after 20 minutes. Follow up with another shower, this time using a mild soap, and then rest for 15-20 minutes.

COFFEE ENEMA

In this enema 2 or 3 cups of coffee is pushed into rectum and coffee only reaches up to sigmoid colon, hence there is no loss of minerals and electrolytes because their absorption occurs before sigmoid colon. It has the following benefits.

TOXIN ELIMINATION AND PAIN RELIEF - Coffee contains caffeine, theophylline and theobromine which dilate blood vessels and bile ducts, stimulates the liver to discharge bile, increase bile output, kicks the detoxifying process into high gear and heal the inflammation.

STIMULATES LIVER - Kahweol and cafestol palmitate found in coffee promote the activity of a key enzyme system called glutathione S-transferase. This is an important mechanism in the detoxification of carcinogens, as the enzyme group is responsible for neutralizing free radicals. Coffee enema stimulate the activity of this system by 600-700%.

SODA BICARB BATH

Soda bicarb bath is taken daily to assist you in eliminating toxins as well as making your body alkaline so your tumor starts to suffocate. Patient can take it once or even twice a day. Just add 2 cups of soda bicarb in your bath tub filled with warm water and relax in it for 30-40 minutes. Epsom salt bath is also highly beneficial and provides magnesium to your body.

SUN THERAPY

Getting an adequate amount of sunshine is a critical part of Budwig protocol. The sunshine is important to maintain adequate vitamin-D levels in our body.

Dr. Budwig focused on the importance of photons from the sun and their interaction with vital essential fats (linoleic and linolenic acid) in our body. It is the interaction of photons from the sun and the electrons in proper food that provide the synergistic effect on healing our body.

OLEOLOX - BUDWIG BUTTER

Oleolox is best and tasty substitute of Butter proposed by Budwig. It is prepared by heating one onion and 10 garlic cloves in 250 ml coconut oil to give the oil protective qualities of the sulfur in the onion and garlic. Discard onion and garlic and mix 125 ml flax oil after cooling.

ENERGY HEALING

Patient can do mild exercise and remain active if his condition permits. He can go for a walk or do light yoga. But if patient is serious and has metastasis, better he should relax in his house.

Patient should do meditation and visualization. He should remain busy in listening music, reading, laughing, chatting with friends etc. Stress, depression, anxiety, anger and fear can be very damaging. He should try his best to remove stress and negative thoughts and balance the flow of energy in the body. Emotional Freedom Technique, Reiki, Acupuncture, Acupressure, etc. help to heal the body, mind and spirit.

Bone pain Remedy - Bitter apricot seeds may help in bone pain. Grind approx. 12 apricot seeds in the coffee grinder with the pumpkin seeds (zinc) and drink with water.

And healing continues ....

How long should you take this protocol? If all is well, patient feels better and tumor starts to shrink within 3 or 4 months if he follows treatment religiously and honestly. He may be cured in one or two years. It is recommended that the Budwig protocol should be followed for at least five years.

Dr. Budwig has clearly mentioned that if you do not get the desired success, do not blame the protocol, rather try to analyze your mistakes and rectify them. Even a minor mistake can unbalance the complete healing process, so take this treatment under the supervision of an expert of this therapy.

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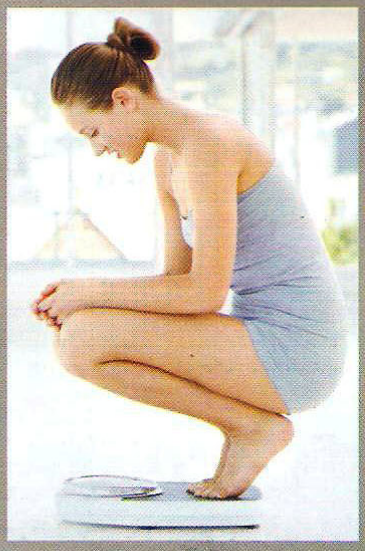
Transforming Healthcare



Slim for life

The Interview of
Dr. Johanna Budwig
Omega-3 Lady

Lothar Hirneise: What is your fundamental research?

Dr Johanna Budwig: In 1950, I developed Paper Chromatography of fats. With this technique for first time fats, fatty acids and lipoproteins could be detected directly even in 0.1 ml of blood. Using Co 60 I was successful in producing the first differential reaction for fatty acids, and via radioiodine producing the first direct iodine value. I also developed control of atmosphere in closed system by using gas systems which act as antioxidants. Coloring, separating effects of fats and fatty acids were further developed. Behavior was studied in blue light, red light with fluorescent dyes.

I studied the electrical behavior of the unsaturated fatty acids with their "halo" using dyes with rhodamine red. With this technique I proved that electron rich highly unsaturated Linoleic and Linolenic fatty acids (found abundantly in flax oil) are the undiscovered decisive fats in respiratory enzyme function that Otto Warburg could not find. I studied the electromotoric function of pi-electrons of the linolenic acid in the cell membranes, for all nerve function, secretions, mitosis, as well as cell breakdown. I also examined the synergism of the sulfur containing protein with the Pi-electrons of the highly unsaturated fatty acids and their significance for the formation of the hydrogen bridge between fat and protein, which represent "the only path" for fast and focused transport of electrons during respiration.

This immediately caused a furor. Cancer problem was brought in. Hydrogenated fats, which includes all Trans fatty acids proved to be respiratory poisons. This was

Dr. Johanna Budwig was a qualified German pharmacologist, chemist and physicist with a doctorate in physics who worked as the chief expert for drugs and fats at the Federal Institute for Fats Research. Described as the world's leading authority on fats and oils. She discovered the truly "essential" and powerfully healing nature of essential fatty acids on cancer and other diseases.

extensively published in 1950 in many journals including "New Directions in Fat Research".

Lothar Hirneise: What is the prime cause of Cancer?

Dr Johanna Budwig: In 1928 Dr. Otto Warburg proved that all normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen - a rule without exception. Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous. Dr. Otto Warburg has made it clear that the root cause of cancer is oxygen deficiency in the cells, which creates an acidic state in the human body.

He also discovered that cancer cells are anaerobic (do not breathe oxygen), get the energy by fermenting glucose producing lactic acid and cannot survive in the presence of high levels of oxygen. Long back in 1911 Swedish scientist Torsten Thunberg postulated that sulfur containing protein (found in cottage cheese) and some unknown fat is required to attract oxygen in the cell. This fat plays a major role in the cellular respiration. For nearly half century scientists were trying to identify this unknown and mysterious fat but nobody succeeded.

Lothar Hirneise: How did you develop cancer therapy which is called Budwig Protocol?

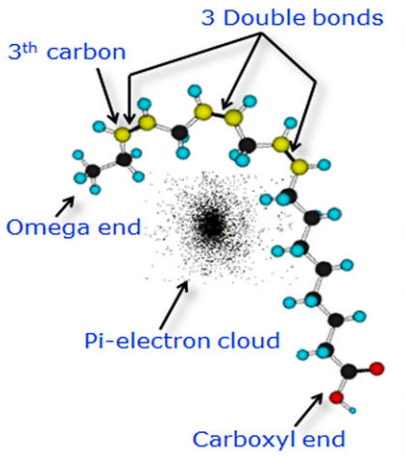
Dr Johanna Budwig: During my researchI found that the blood of seriously ill cancer patients was deficient in these unsaturated omega-3 fats (Linoleic and Linolenic fatty acids), lipoproteins, phosphatides, and hemoglobin. In addition, I noticed that cancer patients had a strange greenish-yellow substance in their blood that I could not find in the blood of healthy people. Then I wanted to develop healing program for cancer.

So I decided to straight way go for human trials and started to give flax oil and cottage cheese to the cancer patients from four big hospitals in Münster. After just three months, patients began to improve in health and strength, the yellow green substance in their blood began to disappear, tumors gradually receded and at the same time as the nutrients began to rise. Thus I had a cure for cancer. It was a great victory and the first milestone in the battle against cancer. My treatment is based on the consumption of flax seed oil with low fat cottage cheese, raw organic diet, detoxification, mild exercise, flax oil massage and the healing powers of the sun. I have treated approx. 2500 cancer patients during last few decades. Prof. Halme of surgery clinic in Helsinki used to keep records of my patients. According to him my success was over 90% and this was achieved in cases where allopathy failed.

Lothar Hirneise: Can you tell us more about the unsaturated fatty acids and their net-like connections?

Dr. Johanna Budwig: Fatty acid is a carboxylic acid having unbranched chain of 4 to 28 carbons. The saturated fatty

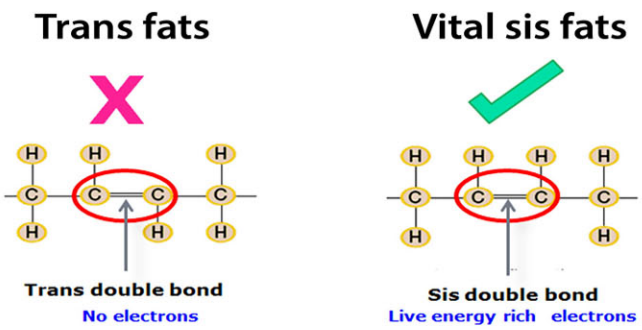
Alpha-Linolenic Acid (ALA)



acids have primarily short carbon chains. In butter, coconut fat, goat fat and sheep fat the fatty acids consists of 4, 6, 8, 10 or 12 carbons, are saturated, however they are also easily co-combustible if the essential fatty acids are present. The unsaturated vital fatty acids really start with the chain with 18 carbon compounds. There are also fatty acids with up to 30 links. Fatty acids with 18 links, like in flax oil with the higher level of unsaturation, are more important for human, particularly for the brain functions of man. Linoleic acid rich in electrons is considered vital. There is a particularly high amount of energy in this double double bond of the linoleic acid.

This energy wanders and is not fixed in place as it is with a chemical compound, such as with table salt. Tchis energy, wandering between electrons and the positively charged protein with sulfur groups is an alternating association process in the electromagnetic field. This is very important. Perhaps you are familiar with the painting of Michelangelo, where God creates Adam (two fingers pointing to each other, however they do not touch). This is quantum physics, the fingers do not touch. The physicists who I know, Max Planck, or Albert Einstein, or Dessauer all represent the view that man is created by God in His image. You see in being together as human beings there is certainly also a connection without directly touching the other person. The dipolarity with a single double bond in olive oil is weaker than it is in sunflower seed oil, which is has two double bonds. This double double bond is considered to be vital for man. However if the same chain length of 18 carbons has three unsaturated fatty acid compounds, then the electrical energy is as strong as a magnet. This electronic energy is negatively charged. The positively charged sulfur groups of the protein adhere in the unsaturated bonds where the electrons are and that is where they insert their sulfur-containing compounds.

This produces the lipoproteins. The life process is sustained in the interplay between the positively-charged particles and negatively-charged particles. In this process there is no connection, and this is our life element. If radical damage occurs at this point through fatty acids that has lost electron energy, but rather are cross-linked like a net, then the dipolarity can no longer work actively in this net. This is the deadly effect of radicals, because instead of the chains with the electron clouds they interlace a net without electron clouds, indeed with unsaturated bonds, but without dipolarity. I quickly knew that the triple unsaturated fatty acids, which were called linolenic acid, and which no one had isolated before me, had 18 links and that they did not always carry their double bonds at the same point. They have such a strong electronic energy compared to the heavier matter in the 18-link fatty acid chains, that biologically this energy is far greater than it is with the next arachidonic acid with 20 links. The highest electron collection is with the combination of linoleic-linolenic fatty acids in flax oil. The linolenic acid as conjugated (interaction of neighboring double bonds in the molecule that are separated by a single bond) fatty acid is even more effective and is even more strongly interplay with linoleic acid as it is present in the flax oil for oxygen absorption. This was relatively easy for me to verify in my experiments. I would like to emphasize this. The combination of double unsaturated linoleic acid with triple unsaturated linolenic acid is particularly well-combined in flaxseed.



Lothar Hirneise: Is it this energy that heals cancer?

Dr. Johanna Budwig: Yes, this energy is now movable and it is easily released. It is precisely this energy that heals cancer, or does not even allow it to occur. If this vital element is present then no tumor can exist. This vital element is a deciding factor in the immune system. There is no effective factor in the immune system other than the essential fatty acids.

Lothar Hirneise worked with Dr. Johanna Budwig from 1998 to 2003. For many years he has been traveling throughout the world looking for the most successful cancer therapies, and he explained that there is much more available than just chemo and irradiation. He says that Budwig Protocol is number one alternative cancer therapy. Nowhere in the world you find such fantastic cases as with Dr. Budwig. It's phenomenal. He developed 3E program (Eat well, Eliminate and Energy) for cancer based on the analysis of thousands of people who have survived cancer at a very late stage.

Lothar Hirneise
Founder and President, People against Cancer, Germany
http://www.3e-zentrum.de/

Lothar Hirneise: What is an electron cloud?

Dr Johanna Budwig: If the enhancement of electronic energy is always higher through absorption of sun photons in the unsaturated fatty acids e.g. in linolenic fatty acids, then the power of the electrons is so high in the dipolarity in between gravity and electrons, that they lifts off of the heavy mass and floats like a cloud hence I called them electron cloud.

Lothar Hirneise: What is the significance of the cloud?

Dr. Johanna Budwig: No life form has as much energy to store the electrons and photons as does man. The electronic energy stored particularly in the vital, highly unsaturated fatty acids, is very strong life element for man. Man cannot live without them. If oils are treated with heat and harsh chemicals (during refining and hydrogenation process to increase their shelf life) then the wealth of vital electronic energy is destroyed and Trans fats are formed with net like connections. They are no longer vital fats with 18 links, but rather they form cross-links between the fatty acids like a large net, and are highly damaging to our body, do not adhare with proteins, do not attract oxygen and act like a radicals. I repeat because it is so important: I have detected particles in oils treated with steam, which indeed have a positive iodine value, but which are highly toxic for man.

Lothar Hirneise: So you preach against these toxic hydrogenated and refined oils?

Dr. Johanna Budwig: I am completely against using these "pseudo" fats - "hydrogenated," "partially hydrogenated". These are the biggest enemy of mankind. I had scientific proofs. The heart rejects these fats and they are deposited as inorganic fat on the heart muscle itself. They end up blocking circulation, damage heart action, inhibit cell renewal and impede the free flow of blood and lymph fluids.

But It was highly profitable business for multinationals. When I preached against these fats they stood against me, first they tried to give me hush money and when I refused they filed many fake court cases against me. I was working for humanity and had scientific proof. I was like rock of Gibraltar in my decision; I fought and won all the cases ultimately.

Lothar Hirneise: What is your view point about surgery for tumors?

Dr. Johanna Budwig: I am totally against radiation and chemo; I also reject hormonal treatment. Surgery must be considered individually. I am not a proponent of quickly making artificial anus. Conventional oncology no longer does justice to the cancer patients.

Lothar Hirneise: You also studied medicine at the age of 47 yrars.

Dr. Johanna Budwig: (smiling) Yes handsome! that's right, my opponents were acusing me that how can I treat cancer patient without doctors degree. This thing pinched me, so in 1955 I joined medical school in Göttingen. There I was using my therapy very successfully in various clinics. I still remember the time I was working late one night in Göttingen, a woman came to me, with her small child whose arm was supposed to be amputated due to a tumor. I treated her and soon the subject of amputation was dismissed and the child quickly did very well.

Because I was still a medical student at this time, I was summoned to appear before the Municipal Court due to a petition that I should be prohibited from studying medicine. I explained the truth in the court. The judge rejected the case and said, "You have done a good job. In my area of jurisdiction nothing will happen to you. If it does there will be a scandal in the scientific community."

Lothar Hirneise: What do you recommend for prevention of cancer?

Dr. Johanna Budwig: Only flax oil as oil. I reject frozen and preserved meat. Fresh meat is OK. No frozen food and no bakery products. Oleolux should be used as butter. Prepare fruit juices yourself. Cheese and potatoes are OK. Also the electromagnetic environment (e.g. microwave and mobile phones etc.) in which we live is very important. I reject synthetic textiles and foam mattresses because they steal lot of forces from you. A lot of wood in home construction and woolen or silk carpets are also important. Wear gemstones, they also have good biological radiation. The environment and living conditions must be as biological (organic & natural) as possible. Regular sleep is very important.

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Lignans

7 Star Nutrient of the Millennium

Lignans represent one of the four major classes of chemical compounds collectively known as phytoestrogens. Phytoestrogens are plant chemicals that can have estrogen-like actions in humans. The main phytoestrogens are lignans, isoflavonoids, flavonoids and stilbenes. Their health beneficial properties extend beyond hormone-dependent breast cancer, osteoporosis, and prostate cancer to include brain function, cardiovascular disease, immune function, inflammation and reproduction.

The discovery of flaxseed as a lignan storehouse came by sheer chance says Kenneth Setchell, PhD, Children's Hospital Medical Center, Cincinnati. In a study in 1978, he and his colleagues unexpectedly found lignan levels in one patient several hundred times higher than had ever been seen before. The patient, it turned out, baked his own bread and always added flaxseed.

Flax Lignans

Flax is very rich source of plant lignans, being very rich in the lignan secoisolariciresinol diglucoside (SDG). Flax contains other lignans as well - namely, matairesinol, pinoresinol, lariciresinol, isolariciresinol and secoisolariciresinol (often abbreviated SECO).

The lignans SDG, SECO, pinoresinol, lariciresinol and matairesinol in flax are converted by bacteria in the colon to the mammalian lignans, enterodiol and enterolactone. Isolariciresinol is not converted to mammalian lignans. Enterodiol and enterolactone are called mammalian lignans or enterolignans because they are produced in the gut of humans; they are not found in plants. The biologic activity of flax lignans depends on the presence of certain bacteria in the gut. Flax is one of the richest sources of lignans identified to date. Lignans in flaxseeds are 47 to 800 times more than any other lignan source. Gram for gram, flax has 47 times the total lignan content of sesame seeds and more than 600 times the total

lignan content of garlic. Whole flax seed contains 1-26 mg SDG/g, which works out to about 11-286 mg SDG/tbsp of whole seed.

Nectar of Rejuvenation

Flax lignans and the mammalian lignans (enterodiol and enterolactone) are biologically active. Lignans have antibacterial, antifungal, antiviral, antilupus, antiallergic, antiHIV and anticancer properties. They influence gene expression and may protect against estrogen-related diseases such as breast cancer and osteoporosis. Diets high in lignans may help maintain good cognitive function in post-menopausal women; reduce breast cancer risk in women and reduce the risk of acute fatal coronary events and prostate cancer in men.

The main flax lignan SDG is a powerful antioxidant. It scavenges for certain free radicals like the hydroxyl ion ($^{\bullet}OH$). Our bodies produce free radicals continually as we metabolize fats, proteins, alcohol and some carbohydrates for energy. Free radicals can damage tissues and have been implicated in the pathology of many diseases like atherosclerosis, cancer and Alzheimer disease. The mammalian lignans, enterodiol and enterolactone, also act as antioxidants. Indeed, the antioxidant action of SECO and enterodiol is five times greater than that of vitamin E.

Lignan favorably influences immune reactions. ALA and lignans block the release of pro-inflammatory cytokines and decrease blood CRP levels. Lignans have been shown to decrease the production of TNFα and IL-6. Lignans are Platelet activating factor receptor antagonists and thus block the pro-inflammatory actions of PAF. Through these effects, flax consumption may help prevent and treat disorders characterized in part by an over-stimulated immune system. Such disorders include obesity, metabolic syndrome, rheumatoid arthritis, multiple sclerosis and systemic lupus erythematosus (SLE). The researchers concluded that a flax lignan taken daily resulted in a modest improvement in sugar control in these adults with type 2 diabetes.

Lignans - Elixir of Womanhood

It is hypothesized that the interplay between natural estrogen and lignans, is a prerequisite for optimal health in women. Therefore, they have a plethora of positive roles to play in women's health issues. Estrogen levels are typically high in women during the childbearing years and then fall away through the peri-menopausal and post-menopausal years. While lignans have estrogen-like action, they are considerably weaker than our endogenous estrogen, and act as hormone balancers. An important feature of these plant hormones is that they do not stimulate reproductive tissue. In conditions which are linked with excess estrogen (such as PMS, osteoporosis, unhealthy breast tissue and breast cancer) lignans compete with a woman's own estrogen, having an estrogen lowering effect.

In conditions associated with declining estrogen levels such as menopause, lignans have the opposite effect, increasing levels of estrogen. This balancing action is due to their ability to competitively lock onto our body's Estrogen receptor sites. Consequently, lignans are used to reduce symptoms of menopause, such as hot flushes, night sweats, mood swings and breast tenderness. Lignans have beneficial effects on the menstrual cycle. They reduce the risk of uterine fibroids in middle-aged women.

Lignan has been found to substantially increase milk production in women who are not producing enough milk to nurse their infants. Lignans may shape up small and loose breasts in young women. These days woman puts weight after her first delivery. Lignans prevent this post-delivery obesity.

Heart Friendly

Today people are turning to more natural ingredients to maintain overall heart health and reduce risk factors to the heart. Cardiovascular disease is the result of atherosclerosis, in which deposits of cholesterol and other substances accumulate and form plaque on artery walls. Plaque build-up can gradually narrow the lumen of the artery, restricting blood flow. Sometimes plaque breaks away from the artery wall, which can cause a blood clot. A heart attack or stroke can occur when blood flow is completely blocked. High cholesterol is a risk factor for cardiovascular disease. Free radicals are also implicated in the development of atherosclerosis or hardening of the artery walls. Studies suggest that the dietary fiber and certain fatty acids in flax can help reduce risks of cardiovascular disease. Research also suggests that flax lignans

play a major role in cardiovascular health. The effectiveness of SDG in heart health could be due to their powerful antioxidant activity. Lignans block the oxidation of LDL particles and decreasing their deposition in arterial walls. The oxidation of LDL is believed to be a key pathological event in the development of atherosclerosis. Flaxseed taken daily can reduce total and bad (LDL) cholesterol levels, whole flaxseed contains several heart health components (fatty acids, fiber and lignans). These studies could not tell us how much effect is due to the lignans.

Cancer Killer

Mammalian lignans appear to exert anticancer effects through both hormone and non-hormone-related actions. The mammalian lignans enterodiol and enterolactone inhibit two key enzymes involved in estrogen synthesis; both enzymes are associated with increased breast cancer risk. Lignans may also have non-hormone-related actions, such as antioxidant activity, inhibiting angiogenesis (the growth of blood vessels that supply oxygen and nutrients to tumors for growth), cell proliferation and promote cancer cell apoptosis (destruction) and/or altering the expression of growth factors that stimulate tumor development. Cancer cells utilize the tyrosine kinase enzymes to fuel their rapid growth. Enterolactone helps to inhibit the tyrosine kinase enzyme.

ACNE

Millions of people suffer from acne, a condition affecting the pilosebaceous units of skin. During puberty, the production of adrenal androgens is increased in both boys and girls. The elevation of androgens can cause an increase in sebum production, particularly in the face (sebum is a waxy substance that helps the skin retain moisture). Excess sebum can lead to acne.

Lignans have been shown to inhibit 5 alpha-reductase, an enzyme involved in the conversion of testosterone to DHT. Inhibition of this enzyme shows promise in the treatment of a number of androgen-dependent disorders, including acne. Therefore flax lignans are definately the perfact treatment of acne.

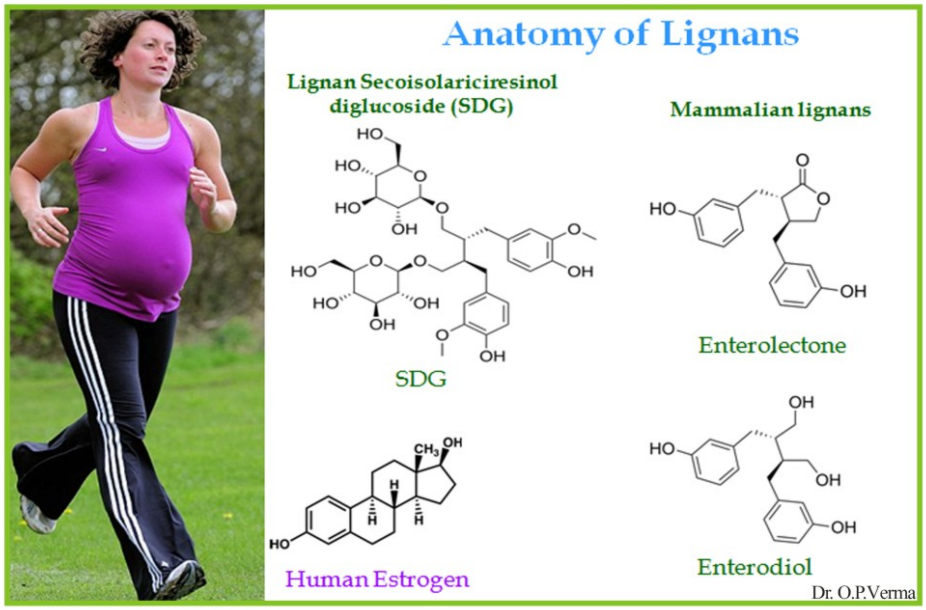
Baldness

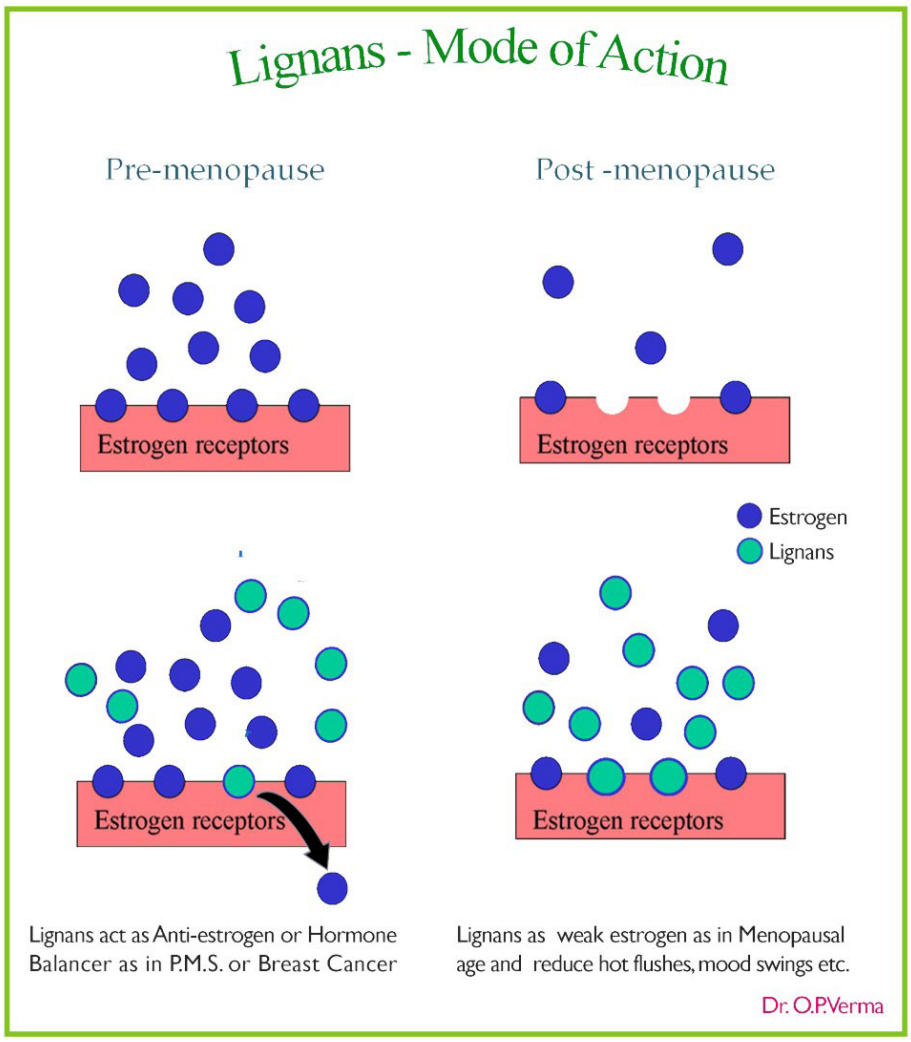
Androgenetic alopecia the most common from of hair loss, is a hormonal as well as a genetic issue. Dihydrotestosterone (DHT), a potent form of the male hormone testosterone, can get inside hair follicles and make them shrink so that they produce thinner hair and eventually none at all. Secoisolariciresinol diglucoside (SDG), the main flax lignan, can help prevent this by inhibiting production of the enzyme that converts testosterone into DHT, called 5-alpha reductase. Thus lignans are very miraculous for hair growth.

Protector of Manhood

Flax lignans have many potential benefits for men, specifically in prostate health. A great deal of attention is being focused on benign prostatic hyperplasia (BPH). This condition can be a problem because the urethra, the tube carrying urine from the bladder to outside the body, runs through the prostate. A growing prostate can pinch off the urethra and cause uncomfortable symptoms, like a frequent and overwhelming urge to urinate and painful urination. The exact cause of BPH is unknown but male hormones seem to play a role. Hormones also play a role in another prostate condition - prostate cancer, the second leading cause of cancer death among men.

In the body, testosterone is converted to a more potent form called dihydrotestosterone or DHT. Normal, healthy prostate cells require DHT for growth. However, it is thought that too much of the hormone can cause abnormal growth- leading to an enlarged prostate (BPH) or causing prostate cancer cells to divide. Therefore, prostate health depends on balanced levels of these hormones. Lignans are shown to block the action of the enzyme (5 alpha- reductase)




Lignans - Mode of Action
Pre-menopause
Post -menopause
Estrogen receptors
Estrogen receptors
Estrogen
Lignans
Estrogen receptors
Estrogen receptors
Lignans act as Anti-estrogen or Hormone Balancer as in P.M.S. or Breast Cancer
Lignans as weak estrogen as in Menopausal age and reduce hot flushes, mood swings etc.
Dr. O.P.Verma

that converts testosterone into the more potent form (DHT).

Additionally, lignans have also been shown to inhibit other enzymes, which are essential for the synthesis of testosterone and estrogen. Lignans may also potentially reduce the amount of free testosterone available for the body to use. In the average male, only a small amount of testosterone roams free in the blood. Most testosterone is bound to protein called sex hormone binding globulin (SHBG). An increase in SHBG would theoretically leave less testosterone available to stimulate prostate cell growth. Lignans have been shown to increase SHBG production. Lignans also lower prostate specific antigen (PSA) levels (a marker for prostate cancer).

Why should you take a lignan dietary supplement?

Most of us don't eat enough unrefined grains, fruits, vegetables, nuts and legumes necessary to provide the plant lignans we need to benefit our health. The average intake of lignans in India is only about 1 milligram per day. Yet, researchers say that we need a minimum of 50 to 100 milligrams of lignans per day in order to raise our enterolactone levels. To get enough lignan you should consume 1 scoop of milled flax, 54.8 Kg broccoli, 59 Kg garlic, 83 Kg soybeans, 118 Kg carrots or 2248 Kg oat meal.

Studies done so far indicates that dietary Phytoestrogens exert positive, balancing and protective effects in humans. In the past 18 months, consumer awareness of plant lignans has grown tremendously with media coverage of studies proposing health benefits. In past few years lot of research has been done but still tons of information is in the pipeline. Today we admire flaxseeds as a great source of omega-3 fats but tomorrow it will be remembered as the greatest source of nutritional superman - The Lignan

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Mobile : 9460816360
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New hope to AIDS Patients

Dear Doctors,

I am thrilled to tell you about miracle treatment (Flax Lignans) for AIDS patients. The Flax Lignans supercharge the depleted immune system and gives an AIDS sufferer a new life, new hope and a future. All it takes is for an AIDS patient to have the lignans in their system for 6-12 weeks to see their viral loads drop and their CD-4 counts skyrocket. We even have kids who have been on it for several years who are declared HIV negative now. Flax Lignan cost pennies per day for a child with AIDS.

Dr. Danial Daves

Director, AIDS Research, Assistance Institute

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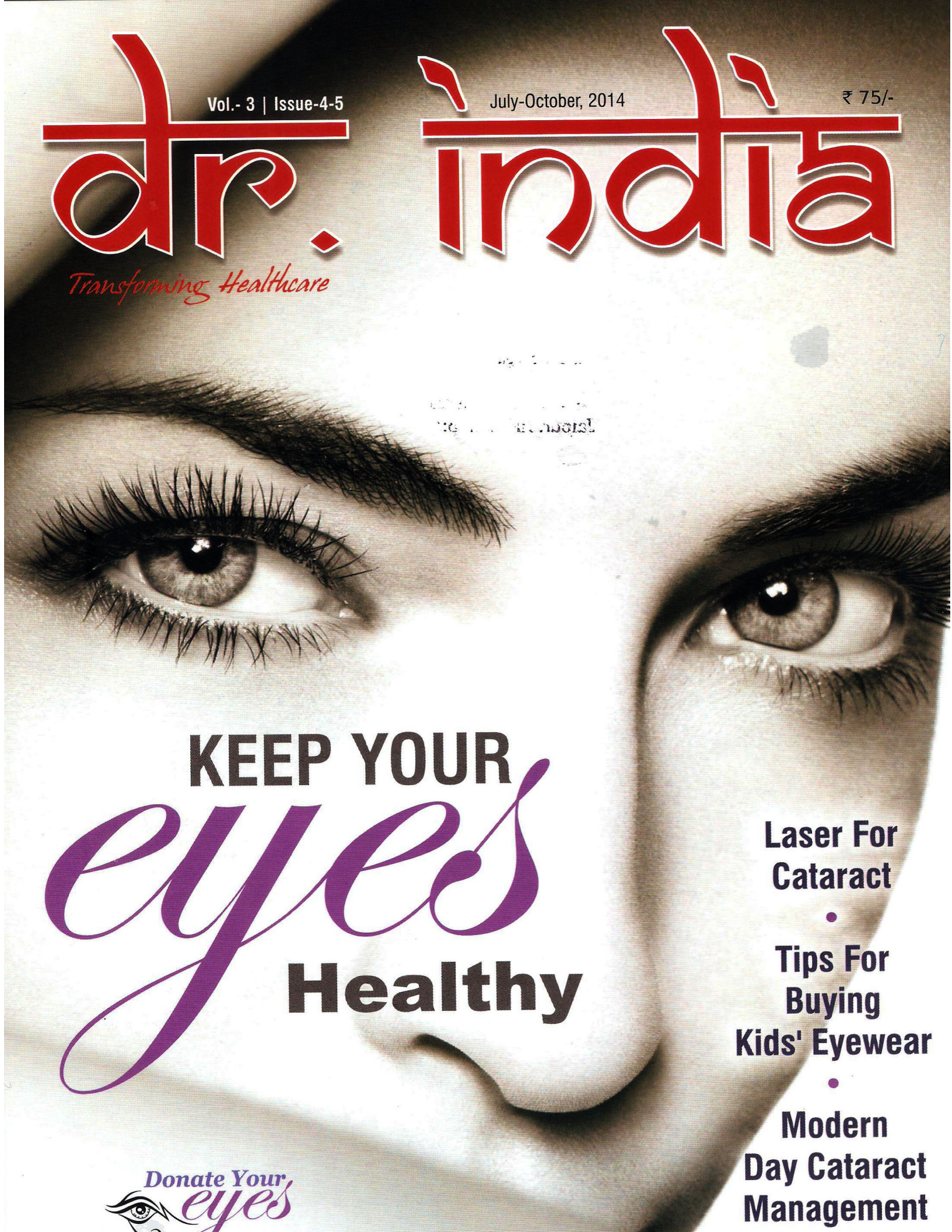
July-October, 2014

₹ 75/-

dr. india

Transforming Healthcare



KEEP YOUR eyes Healthy

Laser For Cataract

•

Tips For Buying Kids' Eyewear

•

Modern Day Cataract Management

Donate Your eyes

Essiac Tea

MIRACLE CURE OF CANCER

On a lucky day in 1922 Canadian nurse Rene Caisse in northern Ontario, Canada saw an elderly lady taking bath; she had some scar tissue on one of her entire breast. This lady told her that 30 years before she developed cancer and an Ojibway Indian herbalist told her to make a tea out of certain herbs and drink it to heal her cancer. She had no reoccurrence of cancer to that day. Rene noted down this miracle formula in her diary.

In the ensuing years Nurse Caisse refined and perfected the original formula. She tested various herbal combinations on laboratory mice and on human cancer patients. Some versions of Essiac have eight ingredients. The added ingredients are supposed to enhance the product's effectiveness and improve its taste. But she eventually reduced the tea to four herbs: burdock root, sheep sorrel (whole herb including the roots), slippery elm and Turkey rhubarb. She called the formula Essiac, which is her surname spelled backwards.

In 1924 she decided to test the tea on her aunt who had stomach cancer and was given about six months to live. Her aunt lived for another 21 years, without any cancer.

Rene Caisse later gave the tea to her 72 year old mother who was diagnosed with inoperable cancer of the liver, with only days to live. Her mother recovered and lived cancer free for another 18 years.

Eventually, she became so involved with her research that she focused all her time on the treatment of patients. Doctors all over Canada were sending her patients for the treatment of cancer. From 1934 to 1942 she successfully treated thousands of terminally ill cancer patients in her

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Herb	Weight	Form	Recipe %
Burdock root	24 oz. (1.5 lb.)	680g pea-size cut	53%
Sheep sorrel with roots	16 oz. (1 lb.)	453g powdered	36%
Slippery Elm bark	4 oz.	113g powdered	9%
Turkey rhubarb root	1 oz.	28.35g powdered	2%

clinic in Bracebridge Ontario. During this time many, many doctors, surgeons, and scientist visited her clinic, read the case histories, and examined patients.

ESSIAC FORMULA

The Recipe

The preparation of Essiac is as important as the formula itself. Essiac is a decoction. A decoction is used to extract nutrients, minerals, etc. from roots, bark or seeds by boiling for ten minutes and then allowing the herbs to steep for several hours. Entrepreneurs often sell Essiac imitations in tincture form or in gelatin capsules; but neither form is true Essiac. Prepare the decoction as follows.

1. Using a stainless steel pot and lid, boil 15 g of herb mix in 1.5 liters of pure, unchlorinated water for ten minutes.
2. Turn off heat and allow herbs to steep for 12 hours.
3. Heat up tea to steaming, but not boiling. Allow herbs to settle a couple of minutes.
4. Strain off hot liquid into sterilized canning jars. The remaining pulp can be used for healing poultices.
5. Refrigerate tea. For long-term storage use the boiling water bath canning method and store in a cool, dark, dry place.

Make sure that the sheep sorrel you use is the small, wild variety of sheep sorrel and not a substitute like yellow dock or garden sorrel. Don't use imported turkey rhubarb root. Many Essiac merchants are unaware of the quality of their herbs. The best way to insure that you're getting true Essiac is to grow the herbs yourself; you can have control of product quality. Burdock root is harvested in the fall of the first year. Slippery elm bark is wild crafted and is easy to buy, but should also be homegrown so it doesn't become endangered. Turkey Rhubarb is the only herb in Essiac that cannot be wild crafted. It is an attractive ornamental plant that can be grown in a flower bed or garden.

Dosage Suggestions

Aggressive Treatment Dose:
Recommended essiac tea dosage is 9 oz. of tea per day, Taken in three separate 3 oz. doses on an empty stomach. Mix the tea with 1 or 2 oz. of warm water. Do not eat or drink anything (except water) one hour before to one hour after taking Essiac. The taste of the tea is somewhat bitter and bothers some people. Most

ESSIAC TEA - DECOCTION OF FOUR HERBS

	Burdock (Arctium Lappa)	Sheep Sorrel (Rumex Acetosella)	Slippery Elm (Ulmus Rubra)	Turkish Rhubarb (Rheum Palmatum)
DESCRIPTION	Burdock is a biennial plant from thistle family, which grows up to 1-2 meter, best recognized as a stout, common weed with annoying burrs that stick to animal fur and clothing. It has no stem in its first year and grows only as a basal rosette of leaves that stays close to the ground in the first year and the beginning of the second. It prefers damp soil.	It is a biennial plant which has a slender and reddish upright stem that is branched at the top, reaching a height of 18 inches. It belongs to the buckwheat family. It is widely considered to be a hard-to-control noxious weed due to its spreading rhizome. Comman names are field sorrel, red top sorrel, sour grass, and dog cared sorrel. It should not be confused with Garden Sorrel (Rumex acetosa). Roots may be harvested in the fall when energy of plant is concentrated in roots. Never collect more than a year's supply of Sorrel.	The slippery Elm is favorite shade and ornamental tree. It is also called Red Elm. Moose Elm. Indian Elm. It is known as a survival food. The inner bark of the Slippery Elm tree has a long h history of use a history of use as herbal remedy.	It is a rapidly growing plant that has been known to reach heights of up to 10 feet. It is also called Chinese rhubarb, Indian rhubarb, Russian rhubarb or rhubarb root. The preparations used in medicine are: the powdered root, a fluid extract, a tincture, syrup, infusion and solution. The roots are harvested when the plants are at least 6 years old.
Flowers	It has purple flowers that bloom between June and October. Flower heads are 1 to 3 cm across, composed of purple disc florets.	It blooms during March to November, when yellowish-green (male) or reddish (female) tiny, clustered on slender stalk up to 20 inches long flowers develop on separate plants at the apex of the stem, which develop into the red fruits.	The flowers are stalkless, small, light green, in tight clusters of 3 to 5, appearing in early spring before leaves open.	Flowers - It flowers early to mid summer. Flowers mature red in color from their often yellow or white blooms.
Edible Parts	The roots, young stems, and seeds are eaten in China, Japan, Hawaii, and Native America. Raw stems and young leaves are eaten in salads. It can also be cooked like asparagus	The leaves of young Sheep Sorrel were popular as a cooking dressing and as an addition to salads in France long back.	The powdered bark is rich in vitamins and minerals and used as food additive and food extender.	It is commonly used for pies, jams and as stewed rhubarb.
Health Benefits	Rich in potassium, iron, manganese, magnesium, zinc, calcium, selenium and phosphorus. Vitamins folic acid, riboflavin, pyridoxine, niacin, vita-E and vit-C Non-starch polysaccharides such as Inulin (is Prebiotic and helps reduce blood-sugar level, body-weight, and cholesterol levels in the blood), glucoside-lappin, mucilage Diuretic, diaphoretic and a blood purifying agent. Cancer – stops metastasis Used in measles, arthritis, tonsillitis, throat pain, gout, rheumatism, snake bites, rabies, ulcers, dandruff, hair loss, acne, eczema, psoriasis	Sheep sorrel is Rich in Vitamin A, B complex, C, D, E, and K Anti-cancer, Anti-inflammatory & Antioxidant, Diuretic, Antibacterial agent and immune booster. Sheep sorrel has been used for cancer, fever, sinusitis, generalized inflammation and scurvy	Mucilage- sore throats and suppresses coughs, laxative, and binds toxins. Fatty acids, tannins, and sterols - antioxidant and anti-inflammatory. Used in Cancer, Skin wounds and burns, Sore throat, Cough, Gastroesophageal Reflux/Heartburn, ulcerative colitis	Tannins and Anthraquinones (Emodin & Rhein) - Antioxidant and Anti-inflammatory, Induce Apoptosis, Prevent Metastasis and Reduce radiation-induced lung damage. Cancer, Menopausal symptoms, Gastrointestinal Disturbances, Hypertension, High cholesterol, Peptic ulcers, Burns and Fever.

people get used to the taste over time. You should stay on this dosage for at least 5 months. After that, you can switch to a maintenance dosage of 3 oz. per day. If the original condition persists, continue on the aggressive treatment dosage until your condition improves and you are satisfied with the results. Be aware that chemo and radio can lessen the effects of essiac tea. In this case you can take up to 18 oz. per day.

Maintenance Dose: Maintenance dose is 3 oz. of tea per day mixed with 1 or 2 oz. of warm water, and can be taken all at once. Administer the maintenance dosage for at least 6 months after your test results have returned to normal.

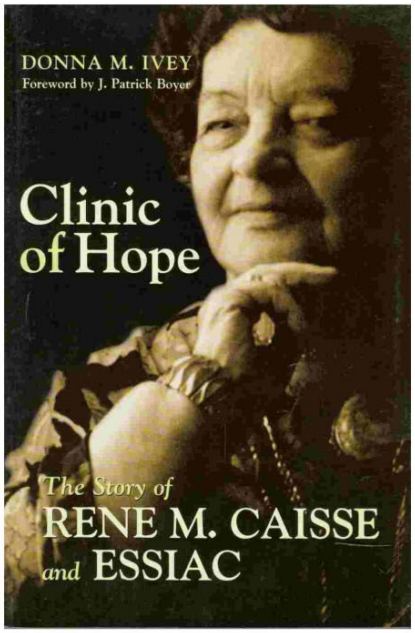
Benefits of Essiac

Ms. Caisse claims that Essiac strengthens the immune system, improves appetite, relieves pain and improves overall quality of life. It also shrinks tumors and prolongs the lives of people with cancer. Essiac activates the body's own natural defense. Most patients experience less pain and overall improvement with the consistent use of Essiac and some patients continue to live for many years in good health. Essiac is anti-tumor, anti-mutagenic and immune system enhancing. The real benefits of Essiac are that it is a wonderful detoxifier and regenerates the liver and pancreas.

- Helps to cleanse the blood
- Normalize the enzymes
- Promotes cellular repair, and aids effective assimilation and elimination
- Regulates cholesterol levels by transforming sugar into energy
- Makes bones and joints, ligaments, lungs strong and less vulnerable
- Nourishes and stimulates the brain and nervous system
- Expels mucus clearing the lungs
- Helps eliminate heavy metal toxins in tissues (aluminum, mercury poisoning)
- Purifies the blood
- Increases red blood cell production
- Protects the body against radiation damage
- Helps destroy parasites in the digestive tract
- Prevents the buildup of fatty deposits in heart kidney and liver
- Assists the liver in producing lecithin, which forms the myelin sheath that encapsulates the nerve fibers.

Essiac Tea for Diabetes

Rene also noticed that one of her patients on Essiac with both colon cancer and diabetes not only healed her cancer, but also claimed that her diabetes disappeared. This result was so astounding that even Dr. Frederick Banting (Insulin Fame) became interested in researching



Essiac further with Ms. Rene Caisse. He believed that Essiac's detoxifying property was the main mechanism that makes it helpful in diabetes. Secondly it is well known that Burdock root has been used to reduce blood sugar for centuries. Dr. Banting proposed that Essiac probably regenerate the pancreas' ability to produce insulin and thus treat diabetes, but the research never happened because Caisse was not ready to close her cancer clinic. Even today people are using Essiac to improve their blood sugar and many have gone off insulin entirely.

Testimonial

March 2013 my wife was told she had cancer of the colon that had spread to her liver which showed 8 tumors. Her tumor marker for cancer was over 2200. She started chemo immediately and I started her on Essiac Tea. The PET scan taken in October 2013 showed the cancer in the colon was not showing up on the scan any more. Doctor said it was a miracle!!! Only one tumor was found in the liver, 7 are gone. Her cancer marker went from 2200 to 2.5 which is in the normal range. Doctor said in the beginning they can't cure her cancer, just may be prolong her life. Her doctor was amazed at her progress, so we are going to continue the Essiac.

Visualization
path to wellness

The visualization is perhaps the most important tool to tap into the power of your imagination to help heal cancer, manage problems or rather achieve anything in your life. Learning to direct and control images in your mind can help you to relax. This may help to

- Relieve stress
- Control some of the symptoms caused by your cancer or cancer treatments
- Boost your immune system to help your body fight off infections and promote healing

Whatever you see around yourself is just a vision in the beginning. For example the cup of coffee you are holding or the house where you live today. Not very long ago there was a thought in your mind that you want to construct a dream house for living. Then you made construction designs and all sort of workup. Our whole life runs on rails of time and never turns back. This is our time line.

First of all understand that everything around us is just a thought, energy or a wave. It is important to understand this. Then only you will believe that energy can be converted in to a matter. Just imagine that a hypnotist puts a coin on your palm and makes you believe that it is hot. You feel burning in your palm. You may even have blisters in your palm. Here the

temperature of coin just changed through thought only.

If you have believed that certain thought can change the condition of your body within seconds. Then why not a good thought can heal your tumor. In many studies Visualization Trainer Carl Simomton has proved that cancer patients live twice if they follow visualization technique systematically.

Lothar Hirneise, student of Dr. Johanna Budwig, respects Carl's research too much except a few points. Simomton teaches his cancer patients to visualize that their white cells are attacking cancer cells and killing them. Lothar is against this school of thought. Because in this situation patient focuses on his tumor. But Lothar says that main problem is something else, tumor problem is secondary. Secondly patient thinks of a war with a cancer cell, while Lothar believes that cancer patient needs balance and harmony rather that thinking of a war.

Lothar has interviewed hundreds of cancer survivors and came to the conclusion that cancer patient avoids direct confrontation with his tumor, but wants to remain busy in dealing with healthy and happy future. Though every patient has different approach, but end is same, creating a happy future. Lothar admits that visualization is the single most important point in his so much talked about 3E Program. After all if we will not create a healthy future for us then who else will do.

Please, review your Time line again and compare it with thought-matter line. You will notice that both lines travel in the same direction and never turn back. You can never change the direction of any line. So start now and create your own happy future yourself.

Thought ⟶ Matter

Past ⟶ Future

I am going to discuss Lothar's technique in detail. Which he learned from Europe's famous Visualization trainers Jack Black from Glasgow. He has taught his Mind Store System to 50,000 people in last few years. He is consultant of many celebrities and several companies. Lothar recommends every cancer patient to attend seminars of Jack Black or Klaus Partl. Klaus Partl is right hand of Lothar Hirneise and teaches visualization at his 3E Center in Germany

Initially Cancer patient thinks that the most important job is to destroy tumor. If he gets rid of tumor then he can plan to take some holistic treatment e.g. visualization. This is very risky decision. It is very important to follow visualization techniques as a part of your tumor destruction program.

But How? This word HOW is very important, because it usually prevents us to take important decisions. At this moment don't try to think how visualization shall work, how it is going to destroy your tumor. Time being I just say that try to trust us that it actually works.

In short I just say that you learn how to make your better future, do not focus on present and past. Lothar says that if you know your past, it is easier to change your future. But your main focus should be to create happy future.

"Walk with the dreamers, the believers, the courageous, the cheerful, the planners, the doers, the successful people with their heads in the clouds and their feet on the ground. Let their spirit ignite a fire within you, to leave this world better than when you found it."

I AM A BEST-SELLING AUTHOR
BE AWESOME TODAY.
I have a perfectly healthy body and mind.
All my relationships are harmonious
LIVE WITHOUT PRETENDING, LOVE WITHOUT DEPENDING, LISTEN WITHOUT DEFENDING, SPEAK WITHOUT OFFENDING
be here.
IF YOUR DREAMS DON'T SCARE YOU, THEY'RE NOT BIG ENOUGH.
I EXPECT MIRACLES
Life flows effortlessly
BREATHE

Visualization is the expression of our intension. Who we are and what we want to be, to do and to have. And since the "normal" world wants us to be in a certain way we need to learn to practice our free will to decide what we want for us in our life. And then we start the visualization process. And through repetition it becomes a dominant thought which then activates our senses to be open to everything (people, places, ideas) that will help us to achieve this goal. It is a wonderful natural process. We just need to use it in a more pro active way. This is what we teach all the people who come to our http://www.3e-centre.com/

Klaus Partl

The house on the right bank of river

It to give positive impact on your body and mind, it is very important that you become completely relaxed before you start thinking and visualizing. Relaxation or rather achieving alpha stage is the first step. Alpha means relaxed stage (7-14 hertz waves) of your mind. You can relate it with the alpha waves of an EEG tracing. Then there are beta, theta and delta waves. To reach this state there are many techniques or meditations. Some books and CDs are also available. Even listening classical music can relax you.

When you achieve deep relaxation, start thinking and visualizing. You start it by walking slowly along the right bank of a river. After a short distance you turn to right side. You see blue sky and green meadows. There are lot of trees and a very beautiful house with red terrace. (Imagine your dream house)

Now you enter this house. First room is a beautiful bathroom with a shower. You start taking shower. It washes out all your negativity, dis-eased cells. After taking shower you sit under the sun, the sunshine dries and fills you with energy within a couple of moments.

Now you go to screen room. On the blank wall of this room there are 3 big LCD screens. You can relax on the comfortable sofa. You can control these screens by a remote control. On the side table of sofa there also lies a Universal DVD recorder. Left screen shows your future, right one the past and the central screen shows your present.

Switch on the central screen, it shows your present sickness. Accept that many people suffered from this illness, you are not alone. Now switch on the right screen to see if you suffered from similar illness in the past. And if you suffered, then how did you treat it. Usually we don't find solution of current problems in the past. Now you minimize and freeze the past screen with remote control. Also, minimize and freeze the present screen. Now relax and switch on future screen and try to find a solution to your problems. Now visualize a situation where you look perfectly healthy and your tumor has already dissolved. For example if you suffer from Bone sarcoma in your thigh and can't even walk due to this illness; so you imagine that you are skiing at Rohtang pass, Manali. Feel the snow peaks, cold breezes, your friend's laughter, your own respiration sounds. Magnify these images, increase brightness and contrast, feel the reflection of these images on your body.

You May go to Screen Room Daily, whenever you get time and see yourself skiing. Now you need not to view central and right screen any more. Directly start right screen, our next job is to record this skiing video on Universal DVD recorder. The universal DVD recorder will relay this broadcast to the whole world. Your all nears and dears will know about your dream and start helping you to achieve this. To conclude the session, come out of the house and return to the river. Count up to seven and slowly open your eyes. This ends your visualization. Always keep in mind that the end should always be happy for everybody; nobody should be harmed any way. You may also hear visualization called guided imagery.

Additional Rooms in Your House on the Right Bank

You can construct some extra rooms in this house. For example you can make a small room for rest and relaxation. If you have some pain then you go to this room to relax for a while. You can also make a meeting room. You can invite here any important person to discuss your problem. For example you can call Dr. Johanna Budwig. You can sit with her, discuss and ask her opinion to solve your problem.

You can also invite your friends and close relatives to celebrate your successful skiing expedition. Imagine you are standing on the dice and narrating your experiences and everybody is clapping. The main essence of the story is that in the end people see you are healthy and cheerful. So that they also help you achieve your healthy and happy future. One question is very frequently asked is that how many times you should go to this house. Lothar says that there is no fixed rule but whenever you get time you should visit this house. If the problem is serious then it is better you go there several times a day.

Visualization wonderfully brings positive changes in your health. It costs nothing but works 100%. You can use this treatment to heal your cancer, make your life happy and cheerful or even to just become millionaire.

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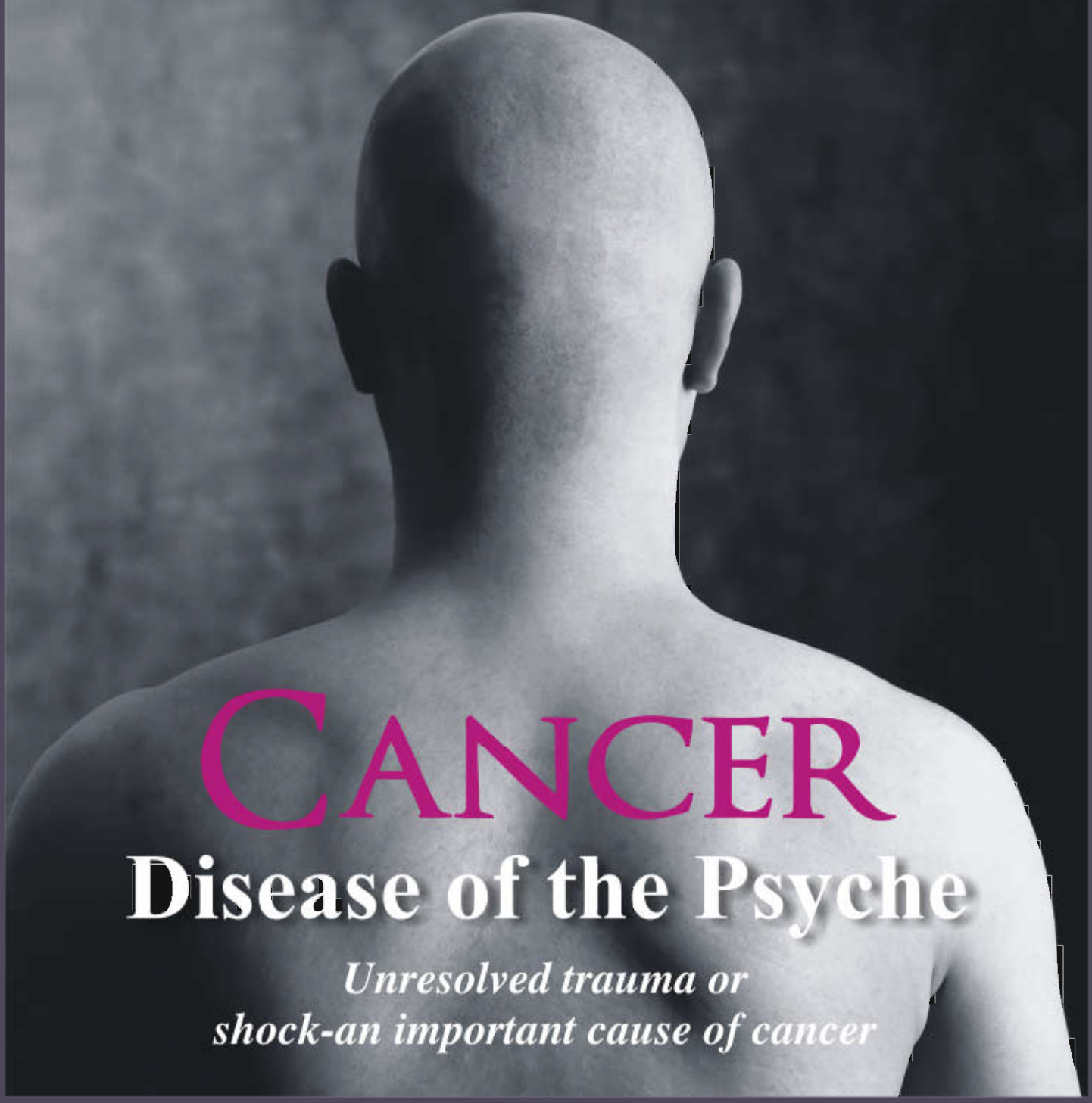
Universal Health of India

Transforming Healthcare



CANCER

Disease of the Psyche

Unresolved trauma or shock-an important cause of cancer

Cancer

Disease of the Psyche

Unresolved trauma or shock-an important cause of cancer

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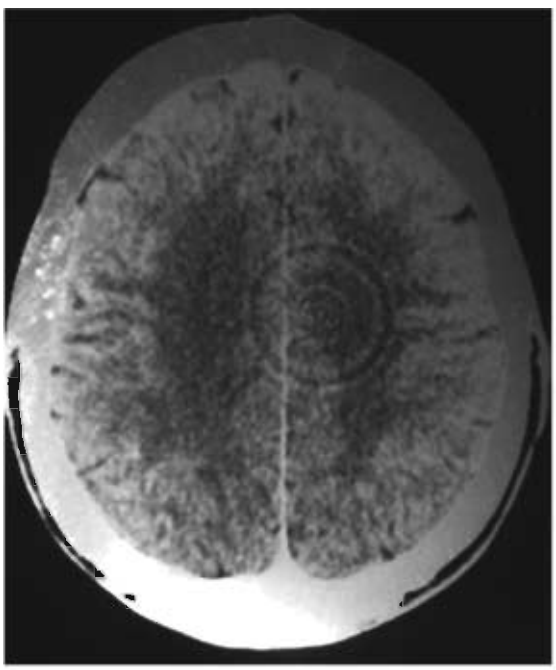
Germany's famous Surgeon and Cancer Specialist Dr. Ryke Geerd Hamer was studying psychological aspects of cancer and treatment since ten years. He noted that each of his cancer patients suffered a psychological stress or shock during last 3 to 5 years prior to diagnosis and he was not able to come out of that trauma.



Each patient of Dr. Hamer also underwent CT scan of the head and in all cases he noticed some dark shadow or concentric circles in the brain. These dark circles would be in exactly the same place in the brain for the particular types of cancer. There was also a 100% correlation between the dark circles in the brain, the location of the cancer in the body and the specific type of unresolved conflict. It was astonishing. Radiologists said that the spots in the CT scans were machine errors. But Siemens Company which made the machine admitted that these spots are not Artifacts.

Dr. Hamer concludes that when we are in a stressful conflict which is not resolved, the emotional reflex center in the brain which corresponds to the experienced emotion (e.g. anger, frustration, grief) will slowly break down. Each of these emotional centers are connected to a specific organ. When a centre breaks down, it starts sending wrong signals to the organ it controls, resulting in the formation of deformed cells in the tissues: cancer cells. He also suggests that metastasis is not the SAME cancer spreading. It is the result of new conflicts that might be brought upon by the very stress of cancer diagnosis or of invasive therapies.

Dr. Hamer started to give psychotherapy along with his patients. He felt that as soon as psychotherapy shows its effect, the patient is out of this shock, cancer cells stop multiplying and the dark circles of brain start to disappear instantly. X-rays of the brain now showed a healing edema around the damaged emotional centre as the brain tissue began to repair the affected point. There was once again normal communication between brain and body. A similar healing edema could also be seen around the now inactive cancer tissue. Eventually, the cancer would become encapsulated, discharged or dealt with by the natural action of the body. Diseased tissue would disappear and normal tissue would then again appear.

This way Dr. Hamer proved that unavoidable stress or conflict is the cause of cancer.

Stages of Cancer Development

Phase 1: Inescapable Shock

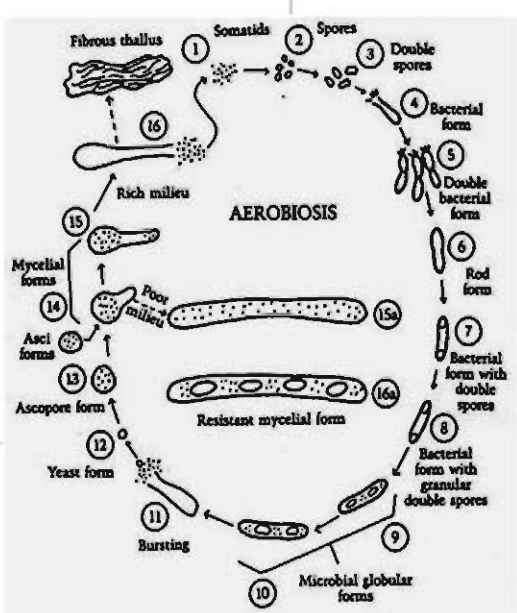
Phase 1 starts about 18-24 months prior to cancer diagnosis. This is where the person with cancer experiences an unavoidable and prolonged emotional stress or trauma, affecting deep sleep and the production of melatonin hormone in the pineal gland. It is essential for inhibiting growth of cancer cell and is the primary hormone which regulates the immune system. Hamer proved that every cancer has a specific emotional cause and a part of the emotional reflex centre in the brain is damaged due to stress. And as each part of the emotional reflex centre in the brain controls and is connected to a particular organ of the body. When the emotional centre in the brain breaks down, the organ it controls gets wrong signals, becomes cancerous.

Phase 2: Adrenaline Depletion

In phase 2, stress hormone cortisol levels are raised which deplete adrenaline levels. When a person is under constant stress adrenaline reserves are depleted quickly. While insulin helps to shift glucose into cells, the adrenaline is crucial for cell respiration and for converting this glucose into ATP energy for the body. Without adrenaline to stimulate production of the GDP molecule the cells Krebs' Cycle is broken and the cell starts to ferment glucose as a means to obtain smaller amounts of ATP energy. This sets the stage for the cancer-fungus to evolve in phase 3 to ferment rising glucose and lactic acid, causing cell mutation.

Phase 3: The Cancer Fungus

In phase 3, somatids that live in our cells pleomorphise into yeast-like-fungus to ferment excess glucose and produce lactic acid in cells. In a healthy person, somatids have 3 stages - somatid, spore, double spore. However, in a highly acidic environment, somatids pleomorphise into a further 13 stages. These stages include viral-bacterial-yeast-like-fungus forms which ferment excess glucose and produce lactic acid in the cell. These fungal pathogenic forms then shift to the cell nucleus to produce mycotoxins, which inhibit repair of cell DNA and tumor suppressor genes. Without this gene p53 which regulate cell death, the cell mutation starts beyond repair, and 'cell-growth regulating' proto-oncogenes turn into oncogenes, causing normal cells to mutate into cancer cells.



Phase 4: Niacin Deficiency

In phase 4, depleted adrenaline levels cause a depletion of dopamine in the brain. Adrenaline is made by dopamine, and the amino-acid tryptophan creates serotonin to please the depressed mood. This causes a depletion of tryptophan which is required to produce niacin (vitamin B3) for cell respiration. Normally tryptophan converts niacin into NAD coenzymes which are then required by the Krebs' Cycle for cell respiration, glucose conversion and the creation of ATP energy. Without niacin and NAD coenzymes, the Krebs's Cycle is broken, causing the cell to ferment glucose for energy, resulting in formation of cancer.

Phase 5: Vitamin C Deficiency

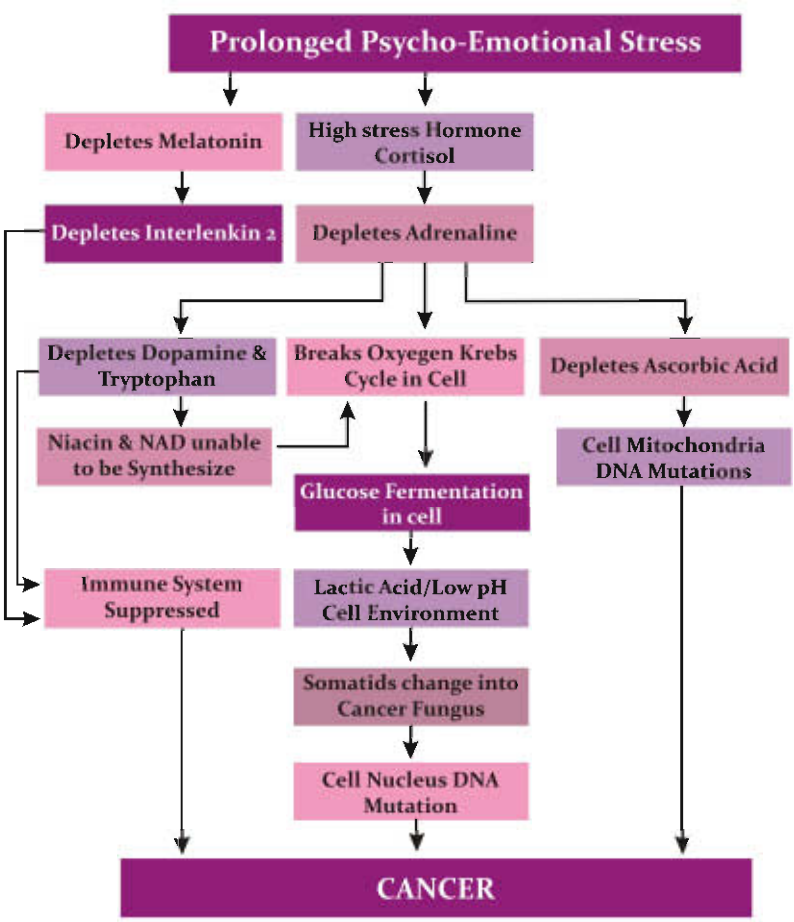
In phase 5, depleted adrenaline levels cause a depletion of vitamin C. Vitamin C is the substance used by dopamine to make noradrenaline in the adrenal glands, which is then converted to adrenaline. During prolonged stress more and more adrenaline is depleted, meaning more and more vitamin C is used up in the creation of adrenaline. During chronic stress the adrenals also release Vitamin C into the body to diminish the stressful impact of adrenaline on the heart and blood pressure. vitamin C is essential for preventing cell DNA damage caused by "oxidative stress", converting oxygen waste product's superoxide and hydrogen peroxide into oxygen and water within the cell mitochondria throughout the Oxidative Phosphorylation. The continual loss of vitamin C thereby increases DNA damage and mutation in cell mitochondria, causing normal cells to turn into cancer.

Phase 6: Immune Suppression

In phase 6, the immune system becomes weaker by a subconscious desire to "exit life", due to elevated cortisol depleting serotonin and dopamine levels in the brain that cause depression. With prolonged stress patient becomes tired of life and wants to come out of this stress and pain, by sending messages to the immune system to shut down. This occurs at the subconscious level where the immune system receives signals to stop production defense molecules. Without immune defenses, viral-bacterial-yeast-like-fungus that have pleomorphised within cells in phase 3 continue to grow and newly produced cancer cells go on multiplying.

Organ with Psychological Behavior

Organ	Cancer
Bladder	Ugly conflict, dirty tricks
Breast, right	Conflict with partner or others
Breast, left	Conflict concerning child, home, mother
Cervix	Severe frustration
Colon	Ugly indigestible conflict
Esophagus	Cannot have it or swallow it
Lung	Fear of dying or suffocation, including fear for someone
Kidneys	Not wanting to live, water or fluid conflict
Liver	Fear of starvation
Uterus	Sexual conflict
Bronchials	Territorial conflict
Skin	Loss of integrity
Prostate	Ugly conflict with sexual connections or connotations
Rectum	Fear of being useless
Stomach	Indigestible anger, swallowed too much
Mouth	Cannot chew or hold it



Dr. Ryke Geerd Hamer - a controversial Cancer Specialist

A great innovative scientist Ryke Geerd Hamer completed his studies of Medicine in 1962. In 1972 he received the Doctor of Medicine degree and began treating cancer patients in Tübingen. He made many inventions.

He earned lot of money from these inventions and started a clinic in Rome. On August 18, 1978, an Italian Prince Victor shot his son Dirk. Father took care of his son day and night. But on December 7 Dirk ultimately died. This was a big shock for the parents. He suffered a loss conflict and after three years he developed cancer in testes. After few months his wife also developed breast cancer. He thought it was the result of the shock of his son's death.

He researched on cancer patients for many years and proved that each disease is caused by some mental trauma or shock. He experimented

on 40,000 patients and based on these experiences, made the five rules of the New German Medicine. The results caused a furor among the doctors but they were not ready to accept these findings. His research did not see any benefits.

How to Heal the Psycho-Emotional Trauma

The diagnosis of cancer just shows that your bodies is out of balance. It is a warning that you heal old wounds. Many CDs are available to help you in heal deeper layers of buried emotions in your mind.

100% of all late stage cancer survivors made considerable "systems change" in their lives. This means they had all either left their stressful jobs, ended troubled marriages, shifted to new places for the purpose of removing all stress from their lives.

Cancer patients often do not have proper sleep and thus do not produce enough Melatonin. Remember that melatonin is also produced during meditation. So meditate for at least 30 minutes a day.

High cortisol levels deplete adrenaline reserves in the body. It is essential to include one daily activity to relax your mind, for the purpose of reducing cortisol levels. Optimally spend 2 hours per day in relaxation. This can include walking, sitting amongst nature, undertaking yoga, massage, meditation or visualization.

High stress hormone cortisol, low melatonin levels, parasites, pathogenic microbes, chemotherapy and radiation all weaken the immunity. So it is very important to support the immune system. To boost and support your immune system High Dose Vitamin C Therapy and Visualization helps.

Removing the Cancer-Fungus, without which Cancer could not exist. Prolonged psycho-emotional stress suppresses the immune power and somatids - change from harmless to pathogenic viral-bacterial-yeast-like-fungus forms. Cancer cannot exist without this fungus. They travel to the cell nucleus and release "mycotoxins" which causes cell DNA damage and mutation of normal cells into cancer cells, and ferment the glucose in cancer cells. They provide a natural growth factor for cancer cells. It is recommended you include the following to remove the cancer-fungus from your body: Apple Cider Vinegar, Garlic, Soda bicarb, Essiac Tea or Hyperthermia.

Toxins which include "mycotoxins" or acidic waste products caused by the cancer-fungus, poor diet, chemicals, alcohol, antibiotics, chemotherapy, fermentation, poor exercise causing build-up of lactic acid, and dead microbes, parasites and cancer cells. These toxins accumulate in liver. When the liver is flooded with these toxins, the immunity is weakened and cancer cells, viral-bacterial-yeast-like-fungus thrives. It is important to detox the liver, colon, as well as the gall bladder and kidneys, to prevent toxin build up within your body. When you are killing the cancer-fungus or cancer cells using an alternative approach, you should also detox the body, because your liver cannot remove all the dead microbes and cancer cells being killed in the process from the body. We suggest you to do Liver Cleanse and Coffee Enema.

Niacin (Vitamin B3) is a critical element needed by the body's cells to function in a healthy way. Without niacin, the Krebs' Cycle is broken and the cell reverts to glycolysis and the fermentation, causing cancer to develop. Vitamin C can be given 12 grams per day. 500 to 1500 mg niacin is prescribed per day.

Cancer cells can only survive in acidic environment caused by the lactic acid produced during fermentation and by viral-bacterial-yeast-like-fungus excreting "mycotoxins" within cells. Cancer cells find it difficult to survive in alkaline environment, so it is essential to include a 3-step program to restore correct cell pH, which includes: 1) alkaline foods, 2) the removal of lactic-acid forming emotional stress and 3) the dextrorotatory lactic acid which is an ingredient in cottage cheese.

Cancer sometimes manifests as a direct result of a subconscious desire to "exit life". Visualization help to both heal and reverse this subconscious death wish.

Prayer connects you to God and helps to overcome the subconscious death wish. Ask God to forgive you for any wrong-doings, Tell Him to fill your life with love, health and happiness.

Heal Your Body *with* Emotional Freedom Technique

Emotional Freedom Technique is a relatively new discovery and a fast-evolving magical treatment which works by releasing blockages within the energy system and provides rapid relief from physical-emotional issues (e.g. Trauma, Phobia, Grief, Anger, Guilt, Anxiety, Nightmares, Depression, Pain, Headaches and much more). This is based on 5000 year old energy healing techniques such as acupuncture or qigong. This energy, which flows in Energy Meridians, is called "chi" or "qi" in China.

This Technique is also called Emotional Acupuncture, which involves the use of fingertips rather than needles to tap on the end points of energy meridians that are situated just beneath the surface of the skin.

The Basic Recipe blends simple verbal commands with a 9 point tapping sequence. The verbal commands tell our system what we working on and what we want our energy system to do. These commands are an essential part of the process. The tapping at specific points stimulates the energy pathways and tells them to balance the energy disruptions. These points we use are at or near the end points of the energy pathways (meridians and vessels). In acupuncture over 300 meridian points are used while just a few are used by EFT. EFT represents a different use of these pathways and allows someone with no formal training in Chinese medicine to get wonderful results with a simple process.

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History

In 1980 Psychiatrist Dr. Roger Callahan was treating Mary, a patient of intense water phobia. She also had terrifying nightmares and sharp headache, related with her water phobia. Mary had been treated by several psychiatrists in the past, but could not recover from her illness. Callahan treated her by conventional means for a year and half, but without any significant benefit. During that period Roger was studying body's energy system. Hence he thought to step out of the way and decided to tap with his fingers under her eye (an end point of the stomach meridian).

As soon as he tapped below her eye, she shouted loudly and complained of some stomach discomfort. Surprisingly she immediately told that her phobia was gone. She ran to a nearby swimming pool and began throwing water on her face and body. She was instantly relieved of fear, headache and nightmares. She was totally free of her water phobia. Callahan continued this research and proved that "The cause of all negative emotions is a disruption in the body's energy system." This is also called The Discovery Sentence of EFT.

The Tapping Points

Try to locate each of the points on your body and touch each of them with your fingers.

The Karate Chop point KC: The Karate Chop point (often called KC) is located at the center of the fleshy part of the inner side of your hand (both hands) between the top of the wrist and the base of the little finger or simply the part of your hand you use to give a karate chop.

Top of Head Point TOH: On the top of the head. If you were to draw a line from one ear, over the head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where these two lines intercept.

Eye Brow Point EB: At the beginning of the eyebrow, just above and to one side of the nose. This is often called EB for the Eye Brow point.

Side of the Eye Point SE: On the bone bordering the outside corner of the eye. This is often called SE for Side of the Eye point.

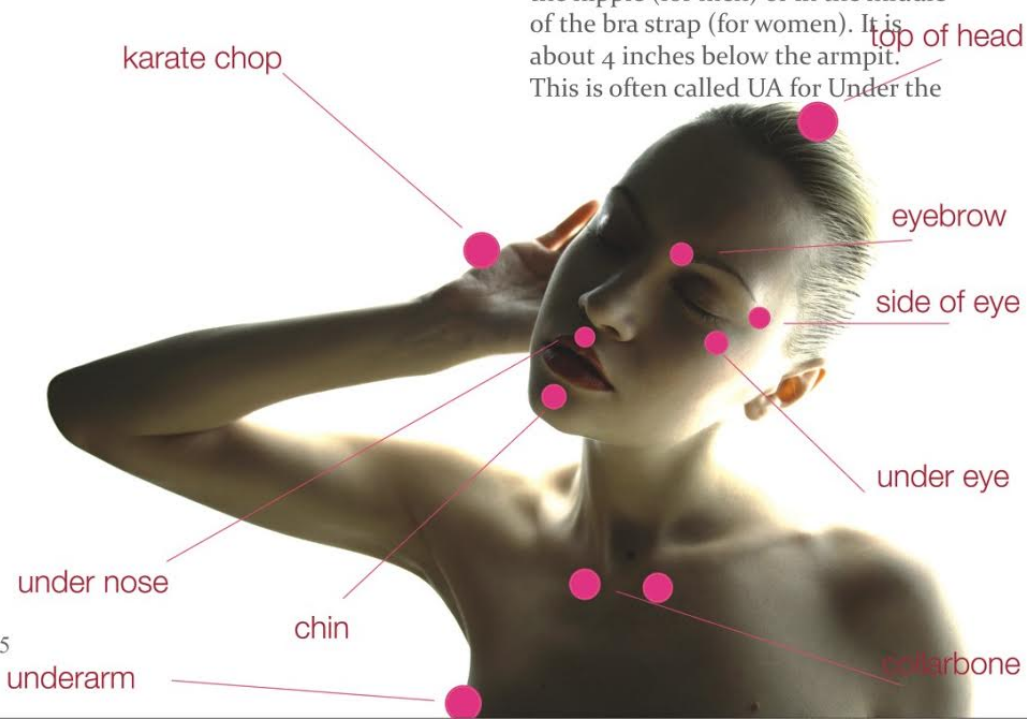
Under the Eye Point UE: On the bone under an eye about 1 inch below your pupil. This is often called UE for Under the Eye point.

Under Nose Point UN: On the small area between the bottom of your nose and the top of your upper lip. This is often called UN for Under the Nose point.

Chin Point Ch: Midway between the point of your chin and the bottom of your lower lip. Though it is not directly on the point of the chin, it is called chin point, very near to chin. This is often called Ch for Chin point.

Collar Bone Point CB: The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your index finger on the U-shaped notch at the top of the breastbone. From the bottom of the U shape notch in your lower neck, move your index finger down toward the navel 1 inch and then go to 1 inch laterally. This point is often called CB for Collar Bone point even though it is not on the collarbone (or clavicle). It is at the beginning of the collarbone and easier to call it the collarbone point.

Under Arm Point UA: On the side of the body below axilla, at a level of the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This is often called UA for Under the



Tapping Tips

- Some tapping points have twin points on each side of the body. For "eyebrow" point on the right side of the body has a twin point on the left side too. Though you only need to tap one of these twin points. But if you have both hands free you can certainly tap on both sides for better approach.
- You can also switch sides when you tap these twin points. For example, during the same round of The Basic Recipe, you can tap the "karate chop" point on your left hand and the eyebrow point on the right side of your body. This makes the tapping process easier to perform.
- The tapping is usually done with two or more fingertips. So that you can cover a larger area and hence insure that you are tapping over the correct point.
- While you can tap with the fingertips of either hand, most people use their dominant hand. For example, right handed people tap with the fingertips of their right hand while left handed people tap with the fingertips of their left hand.
- You should tap approximately 5 times on each point, but there is no need to count the taps because anywhere between 3 and 7 taps is okay. The only exception is during the Setup step, where the Karate Chop Point is tapped continuously while you repeat some standard wording.
- The process is easy to memorize. After you have tapped the Karate Chop Point, the rest of the points go down the body. The Eyebrow point, for example, is below the Top of the Head point. The Side of the Eye point is below the Eyebrow point. And so on down the body.

The 5 Steps of the Basic Recipe

EFT process can be memorized easily.

1. **Identify the issue:** Here you make a mental picture of your issue in simple and clear words. This becomes the target at which you focus the Basic Recipe. Examples might be: a severe headache or fear of spiders. Remember you should only target one issue at a time.
2. **Test the Initial Intensity of your issue:** The basic scale we use for testing the intensity was developed by a famous psychiatrist called Joseph Wolpe in the 1950s and called Subjective Units of Disorder (SUD) because you measure the intensity by your judgment. This measures our degree of discomfort on a scale of 0 to 10. Zero indicates no discomfort, and 10 is the maximum possible distress. This scale works equally well for psychological problems such as anxiety and physical problems such as pain. This serves as a reference so that we can compare our progress after each round of The Basic Recipe. If, for example, we started at an 8 and eventually reach a 4, then we know we have achieved a 50% improvement.
3. **The Setup:** The Setup is a process we use to start each round of tapping. By designing a simple phrase and saying it while continuously tapping the KC point, you let your system know what you're trying to address. When designing this phrase there are two goals to achieve:

1) Identify the problem - This involves remembering the problem. You expose your mind repeatedly to the memory of the issue. This is the opposite of what we normally do; we usually want an emotional trauma to fade away. We might engage in behaviors like avoidance so that we don't have to deal with unpleasant memories.

2) Accept yourself in spite of it - You don't tell yourself that things will get better, or that you'll improve. You simply express the intention of accepting yourself just the way you are. You accept reality. We do this by saying:

"Even though I have (name of the problem), I deeply and completely accept myself I love myself." (name of the problem) is the problem you want to address, so you can just insert things like: severe headache or fear of spiders.

"Eventhough I have severe headache, I deeply and completely accept myself I love myself.

We do not want to use EFT on someone else's problem. For example, rather than,

"Even though my son is addicted to drugs, I deeply and completely accept myself, I love myself." it's better to focus on your own reaction which might be, "Even

though I'm frustrated by my son's drug addiction." We want to aim EFT at our part of the problem rather than trying to fix someone else's problem.

Important, Important, Important: The language that we use always aims at the negative. This is essential because it is the negative that creates the energy disruptions that The Basic Recipe clears (and thus brings peace to the system). By contrast, conventional methods and popular self-help books stress positive thinking and teach to avoid the negative. But in EFT, on the other hand, needs to aim at the negative so it can be neutralized. This allows our energy system to bubble up natural positives to the top.

4. **The Sequence:** This is the workhorse part of The Basic Recipe that stimulates/balances the body's energy pathways. It is the main part of the how to do EFT basics process. To perform it, you tap each of the tapping points while saying a Reminder Phrase that keeps your system connected into the issue. I list the points below followed by a description of the Reminder Phrase:

   Top of the Head (TOH) Beginning of the Eyebrow (EB) Side of the Eye (SE) Under the Eye (UE) Under the Nose (UN) Chin Point (CH) Beginning of the Collarbone (CB) Under the Arm (UA)

   The Reminder Phrase is quite simple as you need only acknowledge the issue with some brief wording. Depending on your issue, you might say the following at each tapping point.... "This headache", or "this fear of spiders."

5. **Test the Intensity Again:** Finally, you again measure the level of issue's intensity by assigning a number to it on a 0-10 scale. You compare this with the initial level to see how much progress you have made. If you are not down to zero then repeat the process until you either achieve zero or as low as possible. When you repeat the sequence, you should add the word "Remaining" before the Reminder Phrase. So your Reminder Phrase should be..... "Remaining headache", or "Remaining fear of spiders."

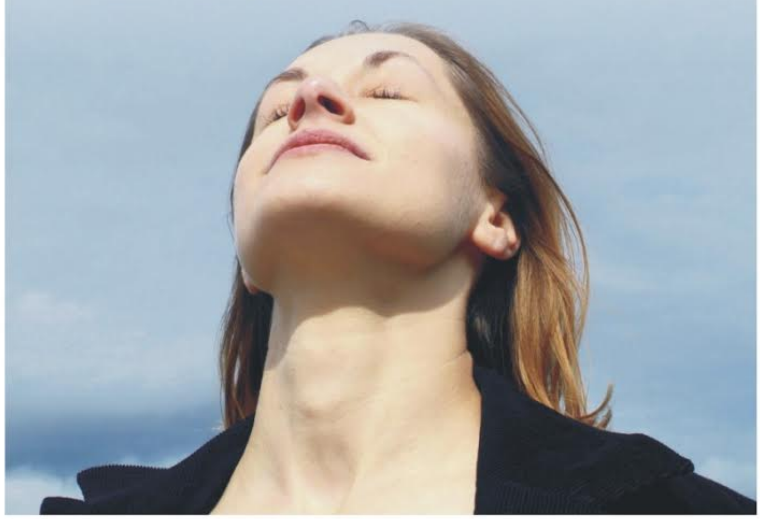
   You can also include some additional tapping points that will be introduced in the next section.

Now Take A Deep Breath

This is, perhaps, the most bizarre procedure in EFT. It was originally designed by Dr. Roger Callahan. It "fine tunes" the brain via some tapping sequence along with eye movements, some humming and counting. Certain parts of the brain are stimulated through connecting nerves, when the eyes are moved. Likewise the right side of the brain (the creative side) is engaged when you hum a song and the left side (the digital side) is engaged when you count. Therapists rarely use this procedure these days. It is helpful when there is a clear brain disorder (e.g. Cerebral Palsy) and once in a while if The Basic Recipe doesn't work. It will occasionally make a difference.

The 9 Gamut Procedure is a short procedure in which a set of 9 "brain stimulating" actions are performed while continuously tapping on the Gamut Point. To do the 9 Gamut Procedure, you must first locate the Gamut point. It is on the back of either hand, about 1/2 inch above the midpoint between the knuckles at the base of the ring finger and the little finger.

- Eyes closed.
- Eyes open.
- Eyes looking down right while holding the head steady.
- Eyes looking down left while holding the head steady.
- Roll your eyes in a circle clockwise as if your nose is at the center of a clock and you were trying to see all the numbers in order.
- Roll your eyes in a circle anti-clockwise as if your nose is at the center of a clock and you were trying to see all the numbers in reverse order.
- Hum a song again for 2 seconds (any song of your choice.
- Count 1 to 5 numbers rapidly.
- Hum a song again for 2 seconds.



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Bitter Apricot

Best source of Vitamin B-17

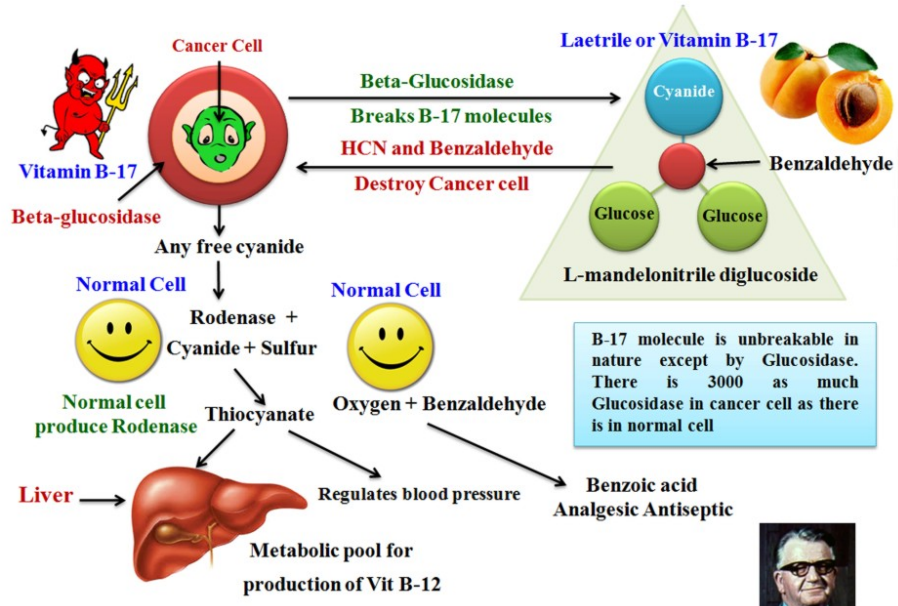
Introduction

During 1950, biochemist Dr. Ernest T. Krebs Jr., isolated a new vitamin from apricot kernel that he called 'B-17'. He concluded that vitamin B-17 or laetrile or Amygdalin would be effective in the treatment of cancer. People thought that Krebs had finally found the treatment for all cancers.

How B-17 works (A tale of two enzymes)

Laetrile, commonly known as Vitamin B-17 or Amygdalin, contains two units of Sugar, one of Benzaldehyde and one of Cyanide, all tightly locked within it. Everyone knows that cyanide is can be highly toxic and even fatal if taken in sufficient quantity. However, as it is in locked state is completely inert and absolutely has no effect on living tissue. There is only one substance that can unlock this molecule and release the cyanide. That substance is an enzyme called beta-glucocidase, which we shall call the unlocking enzyme. When B-17 comes in contact with this enzyme, not only the cyanide is released but also Benzaldehyde which is highly toxic by itself. In fact, these two working together are at least 100 times more poisonous than either of them separately. The unlocking enzyme is not found to any dangerous degree anywhere in the body except at the cancer cell where it is present in great quantity. The result is that Vit B-17 is unlocked at the cancer cells becomes poisonous to the cancer cells and only to the cancer cells.

There is another important enzyme called Rodanese, which we shall identify as protecting enzyme. The reason is that it has the ability to neutralize cyanide by converting it instantly into the byproducts (thiocyanate) that actually are beneficial and essential for health. This enzyme is found in great quantities in every part of the body except the cancer cells which consequently is not protected. Here then is a biochemical process that destroys cancer cells while at the same time nourishing and sustaining non-cancerous cells. It is intricate and perfect mechanism of nature that simply couldn't be accidental.



It has Cyanide still Is it really safe?

I should also clarify the misconception that laetrile contains highly poisonous chemical cyanide. But it does contain cyanide ion (-CN), not the chemical cyanide. When laetrile is metabolized in the body it is converted to thiocyanate, a relatively non-toxic product that has inhibitory effect against cancer (Contreras, 1982).

The story of the Hunza people

A small population known as the Hunzas who reside in a valley at the extreme northern part of India are known for their good health and longevity. They never develop cancer until they leave their homeland and start eating new food. Apricot is the secret of their long and cancer free life. Hunzas consume approximately 200 times more vitamin B-17 than the average American. Eskimos have also traditionally been free from cancer, because the Eskimos receive Laetrile through eating caribou meat.

Vitamin B-15 is called pangamic acid, it was also discovered by Dr. E.T. Krebs. The best way to understand the effect of vitamin B-15 is to think of it as instant oxygen. It increases the oxygen efficiency of the entire body and aids in the detoxification of waste products. .

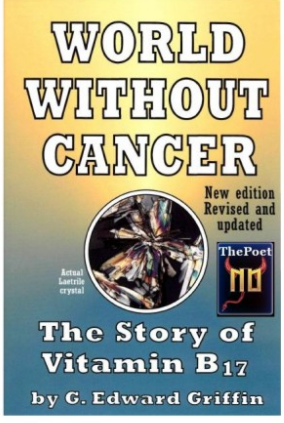
Science and Politics of Laetrile

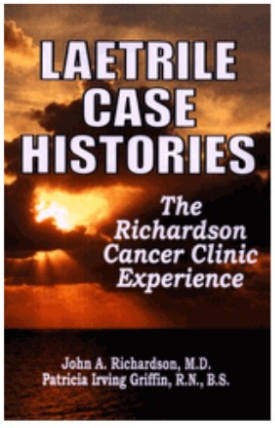
The pharmaceutical companies, unable to patent or claim exclusive rights to the Laetrile, launched a propaganda attack against B-17, despite the fact that hard proof of its efficiency in controlling all forms of cancer surrounds us in overwhelming abundance. Why has orthodox medicine waged war against this non-profit non-drug approach? G. Edward Griffin, author of the book "World Without Cancer" states that the answer is to be found not in science, but in politics of cancer, and is based upon the hidden economic and power agenda of those who dominate the medical establishment.

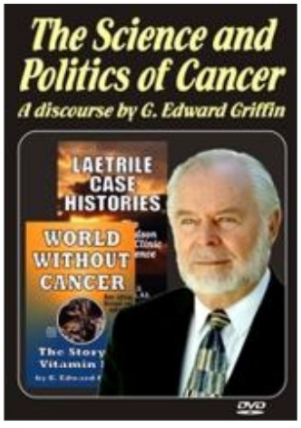
In the U.S. the FDA has tried to use unfair tactics, not law, to denounce vitamin B-17 in early seventies. Vitamin B-17, or Laetrile Therapy still used in Mexico, Italy, Israel, Switzerland, Germany, Russia, Japan and many other countries.

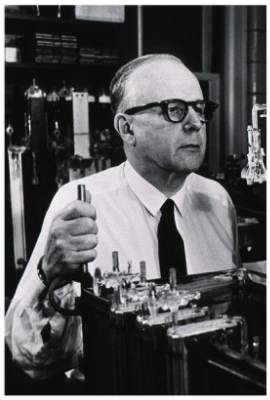
Although it was not approved for treatment, doctors like John A. Richardson M.D. began using it "illegally" to treat patients at his clinic in San Francisco, and it was working remarkably better than orthodox treatments. His success with laetrile is well documented in his book "Laetrile Case Histories".

Early in 1974, the California medical board brought formal charges against Stewart M. Jones, M.D., for using Laetrile in the treatment of cancer patients. It was learned later, however, that Dr. Julius Levine, one of the members of that board, himself had been using Laetrile in the treatment of his own cancer. When Dr. Jones' case came up for review, the political pressures were so great that Dr. Levine felt compelled to resign from his post rather than come out openly in support of Dr. Jones and his patients. All this happened in a democratic country whose national symbol is the Statue of Liberty.









Dr. Dean Burk, the former head of the Cytochemistry Department of the National Cancer Institute, and one of the co-founders of this famous American medical institution, had worked on Vitamin B-17 personally. He described, "When we added laetrile to a cancer culture under the microscope, we observed the cancer cells dying off like flies. What a scene! I saw thousand dreams of "World Without Cancer" in fraction of second. Beta-glucosidase enzyme only present in cancer cells, which triggers the unique cancer-destroying mechanism found in Vitamin B-17. Dr Burk also stated that evidence for Laetrile's efficacy had been noted in at least five independent institutions in three different countries.

Dr. Harold W. Manner, Professor of Biology and Chairman of the Biology Department of Chicago's Loyola University said, "I was lecturing in Buffalo, New York and after I had praised Laetrile's efficacy and its role in cancer treatment, a man stood up and said Dr. Manner, how can you make such statements. Did you forget that a little girl in upstate New York took her father's Laetrile tablets and died of cyanide poisoning. Just then a little lady stood up and told angrily, "Dr. Manner let me answer this gentleman. I think I am only entitled to because I am that little girl's mother. My daughter never touched her father's Laetrile tablets. The doctor, knowing the father was on Laetrile, marked down possible cyanide poisoning.

Laetrile - Metabolic Therapy

Phase I Metabolic - Program for the first 21 days

Laetrile

Amygdalin (Laetrile) is available in 500 mg. tablets and injections. Two vials of Laetrile is given IV three times weekly for three weeks with at least one day between injections. Dose of Amygdalin 6 tablets divided in 3 doses with meals on the day patients do not receive intravenous Laetrile.

Vitamins and Enzymes

Preven-Ca Caps - Preven-Ca is a comprehensive blend of potent herb and fruit extracts.

Vitamin B15 - One capsule three times a daily.

Megazyme Forte Three tablets two hours after each meal.

Ester Vitamin C 1000 mg daily.

Shark Cartilage - One capsule three times a daily with meal.

Natural Vitamin E 400 iu - One gel twice a day.

AHCC - Two cap. with each meal.

Multi Vitamin & Mineral Liquid - Two tablespoons daily with a meal.

Vitamin A & E Emulsion - 5 drops in juice or water three times per day.

Barley Grass Juice

Bitter apricot seeds

Dimethyl sulfoxide (DMSO)

Or Phase 1 Oral

Injectable Amygdalin is replaced with 500mg Amygdalin. Otherwise the ORAL Phase 1 includes the same materials as above.

Phase 2 Metabolic - Program for the next 3 months with some changes.

Diet

Consume those fruits (i.e. seeds), grains and nuts that are rich in laetrile. Patient should consume whole grains, nuts and salads. The patients are not permitted white flour or white sugar. Take away all meat, fish, eggs, coffee and margarine.

Zinc acts as transport vehicle for laetrile in the body. That's why you should give a spoonful of pumpkin seeds along with bitter apricot kernels.

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Universal Health of India

Transforming Healthcare

Lothar Hirneise

Dr. O. P. Verma

Johanna Budwig
Omega-3 Lady

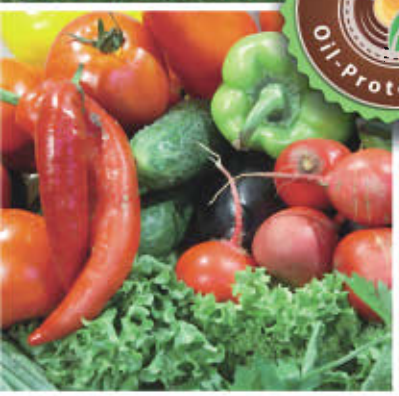
Breakthrough in Cancer TREATMENT

FLAX OIL AND COTTAGE CHEESE MAY CURE CANCER

Learn from cancer survivors!

"After my stay in the 3E center I feel strong and I am full of hope"

Original Oil-Protein-Diet



Budwig Cancer Therapy in Germany

The only Oil-Protein Diet center in the world

3E CENTER for cancer patients
founded by Lothar Hirneise and Klaus Pertl

3E = Eat healthy - Eliminate toxins – Energy work

Find out if the 3E program is suitable for you. Contact us now!

3E Health Center Germany
Phone: +49 (0) 71 51 - 98 13 0 I Web: www.3e-centre.com I **info@3e-zentrum.de**

BIRTH OF AN ANGEL

A lovely couple, Hermann Budwig and Elisabeth, lived in Essen town of Germany situated on the bank of river Ruhr. On the eve of 30th September, 1908 Elisabeth delivered a brilliant and lucky angel. Hermann and Elisabeth were very happy, and celebrating. They called her Johanna. In German, Johanna means a gift from God. In the family and neighborhood everybody was talking that Johanna is very lucky, she will study in a college and become a big doctor. Actually 1908 was very fortunate and important year for the freedom of women in Germany. Government for the first time in history, changed laws, and allowed women to study in college and Universities. Also the German parliament passed legislation to allow women to become members of political parties and prestigious clubs. Though women were given new rights and freedom, liberalization was slow and old values still persisted.

Budwig served as chief expert for drugsand fats at the Federal Institute for Fats Research, Germany. The prime cause of cancer is lack of oxygen in the cells. Sulfur containing protein and some fat is required to atract oxygen in the cell, as proved by Otto Warburg. She proved that electron rich Linolenic fatty acid was the undiscovered decisive fat required to attract oxygen into the cells, which Warburg and several top level scientists could not find for a few decades.

It was a great victory and first milestone in the battle against cancer. She developed cancer treatment based on the consumption of flax oil with cottage cheese, raw organic diet, and the healing powers of the sum. She had 90% success and 7 Nobal Prize nominations.

Biography of

Dr. Johanna Budwig

Omega-3 Lady (30 Sept, 1908 - 19 May, 2003)

The Tough Life of A Sage of Science

Unluckily, Elisabeth died in 1920; family members thought that her father, being a poor loco mechanic, might not look after Johanna. So she was sent to an orphanage. This was a great shock for the little Johanna, but it had one positive side also. Education up to higher level was totally free for orphans.

In 1926, Germany was slowly recovering from the after effects of the First World War. Economic conditions were improving. Scholars and scientists were developing new technologies in every field. One third of all Nobel prizes were being given to German academics.

Deaconess at Kaiserswerth

Johanna was very intelligent and sharp in the studies from the beginning. In order to achieve good future, she decided to join the renowned Deaconess's Institute of Kaiserswerth in 1925. Theodor Fliedner, a pastor, founded Kaiserswerth Institute for welfare of unmarried mothers, prisoners, patients, orphans and poor children in 1836. In the beginning a Hospital and a Nursing School was established. This school was very famous Nursing School of that time. Florence Nightingale, known as mother of modern nursing, also studied in this Deaconess School in 1850. Intelligent Johanna easily got admission in this Institute. She was made a "deaconess" on March 30, 1932. This was the most appropriate place for her. There was a 1000 bedded hospital, pharmacy and a boarding school. She decided to study pharmacy.

After completing preliminary education in Kaiserswerth, she joined Münster University for further studies. Her analytical thinking and precise knowledge was noticed by her Professor Dr Hans Paul Kaufmann. He always encouraged and helped her. Here she passed state examination in pharmacy and was rewarded distinction in chemistry in 1936. Then she continued further education in physics, and received the title "Doctor of Science" at the University of Münster in 1938. On August 1, 1939, she was appointed as in-charge of pharmacy at the Military Hospital in Kaiserswerth.

Next month, Hitler's military forces attacked Poland. During war time, brave Johanna was busy in organizing and expanding the pharmacy. The war was not an easy time. There were two thousand people living in Kaiserswerth. Johanna was responsible for ensuring that there were enough medicines in this time of rationing and a thriving black market. She was well prepared and ready to fulfill any emergency demand for her patients. Many of her fellow deaconesses were often jealous and not co-operating but she continued evolving her professional skills. She was strong and was confronting every opponent.

Dr. Otto Warburg
Nobel Prize in 1931
Finds the cause of cancer

Cause of Cancer is no more a mystery

Nobel laureate Otto Warburg proved in 1931 that the prime cause of cancer is oxygen deficiency in the cells (about 36%), which creates acidic state in the body. Cancer cells get the energy by fermenting glucose and produce lactic acid. So the body becomes acidic. Cancer cannot survive in the presence of high levels of oxygen, as found in an alkaline state. He postulated that sulfur containing protein and some unknown fat is required to attract oxygen in the cell. This fat plays a major role in the functioning of Warburg respiratory enzyme (Cytochrome oxydase). For nearly four decades scientists were trying to identify this unknown and mysterious fat, but nobody succeeded.

Dr Budwig's Scientific Thinking, Work and Career

After Second World War, Johanna left Kaiserswerth in 1949. Soon Prof. Kaufmann came to know that she had left Kaiserswerth. He immediately met and persuaded her to work with him in Münster University, as he was always impressed from her talent. He converted the basement of his house into a laboratory and arranged all facilities for her research. He was famous as Fat Pope in the whole Europe.

On Prof. Kaufmann's recommendation, Johanna was appointed as the chief expert for drugs and fats at the Federal Institute for Fats Research, Germany. This was the country's largest office issuing the approval of new drugs used for cancer. Many applications had been submitted to her for approval. These were the medications for cancer therapy with the sulfhydryl group (sulfur-containing protein compounds). Everywhere she saw that fats played a role in cellular respiration, also in expert reports provided by well-known professors like Prof. Nonnenbruch. Unfortunately, fats could only be detected in the late stage, and there were no method to distinguish between fats chemically. By this time, she developed paper chromatography. With this technique for first time she was able to detect fatty acids and lipoproteins directly even in 0.1 ml of blood. She used Co60 isotopes successfully to produce the first differential reaction for fatty acids, and produced the first direct iodine value via radioiodine. She also developed control of atmosphere in a closed system by using gas systems which act as antioxidants. She further developed Coloring methods, separating effects of fats and fatty acids. She too studied their behavior in blue and red light with fluorescent dyes.

Using rhodamine red dye, she studied the electrical behavior of the unsaturated fatty acids with their "halo". With this technique she could prove that electron rich highly unsaturated Linoleic and Linolenic fatty acids (flax oil being the richest source) were the mysterious and undiscovered decisive fats required to attract oxygen into the cells, which Otto Warburg could not find. She studied the electromagnetic function of pi-electrons of the linolenic acid in the cell membranes, for nerve function, secretions, mitosis, as well as cell division. She also examined the synergism of the sulfur containing protein with the pi-electrons of the highly unsaturated fatty acids and their significance for the formation of the hydrogen bridge between fat and protein, which represent "the only path" for fast and focused transport of electrons during respiration. This research was extensively published in 1950 in Neue Wege in der Fettforschung (New Directions in Fat Research) and other publications.

This immediately caused an excitement and turmoil in the scientific community. Everybody thought that it would open new doors in Cancer research. She also proved that hydrogenated fats and refined oils including all trans-fatty acids were not having vital electrons and were respiratory poisons.

During her research, she found that the blood of seriously ill cancer patients had deficiency of unsaturated essential fats (Linoleic and Linolenic fatty acids), lipoproteins, phosphatides, and hemoglobin. She also had noticed that cancer

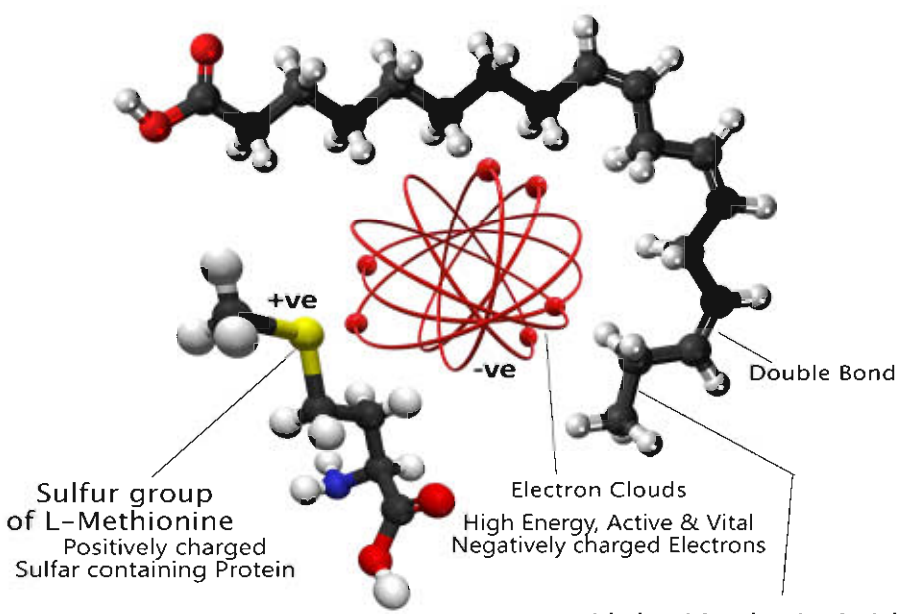
patients had a strange greenish-yellow substance in their blood which is not present in the blood of healthy people.

She wanted to develop a healing program for cancer. So she enrolled over 600 cancer patients from four hospitals in Münster. She gave flax oil and cottage cheese to these patients. After just three months, patients began to improve in health and strength, the yellow green substance in their blood began to disappear, tumors gradually receded and at the same time the nutrients began to rise.

This way she developed a simple cure for cancer, based on the consumption of flax seed oil with low fat quark or cottage cheese, raw organic diet, mild exercise, flax oil massage and the healing powers of the sun. It was a great victory and the first milestone in the battle against cancer. She treated approx. 2500 cancer patients during last few decades. Prof. Halme of surgery clinic in Helsinki used to keep records of her patients. According to him her success was over 90%, and this was achieved in cases, which were rejected by Allopathy.

Dr. Budwig was a courageous scientist. She loudly and convincingly argued that consumption of highly processed foods, particularly edible oils and margarines, which block the oxidation processes in the cells, are responsible for the development of cancer and other degenerative diseases. She met with great resistance from food industry giants, who were doing everything to prevent the spread of her sensational discovery. In 1952, under the influence of strong pressure from this lobby, she lost her job and was barred from the research work.

Bonding of Alpha-Linolenic Acid ALA and Sulfurated Protein



Alpha Linolenic Acid

Joins Medical School at Göttingen

Opponents of Dr. Johanna blamed her that she should not treat cancer patients because she doesn't have a doctor's degree. She felt this and eventually joined medical school in Göttingen in 1955. Budwig was 47 years old that time. She also continued her research work along with her studies. *Budwig successfully treated Prof. Martius's wife, who suffered from Breast Cancer.*

One night a woman came with her small child whose arm was supposed to be amputated due to a tumor. She treated her and soon the amputation surgery was dismissed, and the child quickly did very well.

A Swiss woman came to her clinic in Göttingen. She suffered from Colon Cancer with metastasis and intestinal obstruction. Several doctors examined her, and was to be operated on Christmas Eve. On Budwig's request, she was treated by her protocol. The tumor of the colon quickly subsided. Seven weeks later, she was discharged without any detectable tumor. It is interesting that the Swiss custom officer was not ready to believe that the submitted passport belonged to same lady. Her look was so much changed! At home her daughter told: "You look good, younger and more beautiful (from her book The Death of the Tumor - Vol. II).

After this, University allowed her to treat cancer patients with her oil-protein diet. She was getting miraculous results. University professors were excited with the results, but wanted that she should also include chemo and radiotherapy. She was rigid and didn't want to compromise. So she had differences and conflicts with her professors and ultimately left Göttingen.

Last Destination - Dietersweiler-freudenstadt

Eventually she shifted to Dietersweiler-Freudenstadt, where she lived there till her death. There she completed Ph.D. in Naturopathy so that she could legally treat cancer patients. She continued treating her patients in Freudenstadt. In 1968 she created unique Eldi oils for massage and enema, called Electron Differential Oils after performing precise spectroscopic measurements of the light absorption in different oils. US pain institute has written somewhere: 'What this crazy woman does with her ELDI oils, none of us manages to do via pain killers.' Budwig conducted more than 200 lectures worldwide.

Dr. Budwig was popular in the U.S. as FLAXSEED lady from Freudenstadt. She delivered her last public Lecture in Freudenstadt on March 3, 1999. It was a birthday gift to Lothar Hirneise. On November 28, 2002, she fell down in her bathroom and got a fracture in right femur neck. She was admitted in a nursing home and ultimately died on May 19, 2003.

Lothar Hirneise

Eleven years, Lothar Hirneise worked as a trained nurse in the State Psychiatric Hospital in Winnenden. After four years, he took psychoanalysis training. Hirneise was also master in Eastern combat sports and a Kung Fu teacher. He owned a successful sporting goods company, which he sold for a tidy profit in 1986. After a year one of his close friend developed Testicular Cancer. Lothar went in search of information about cancer therapies and came across Lynne McTaggart, the founder of the book and magazine "What Doctor's Don't Tell You." Then he was informed that Frank Wiewel, president of the American organization "People Against Cancer", which operates alternative cancer research since 1985, would come to London. So he went to London with his best friend Klaus Pertl to attend this conference for alternative cancer treatments (early 1997). This weekend his friend died. This was the starting point of his intensive quest for potential cancer therapies. He had time and money and read everything he could get his hands on. He nearly went crazy and was severely infected by a virus called Holistic Oncology. He travelled to Bahamas, Mexico, Russia, China, and the United States and all over Europe.

Frank Wiewel advised him to visit Dr. Budwig who lived only 60 Km from his home in Germany. Lothar and Klaus Pertl visited Budwig in the spring of 1998, and from the beginning it was an intense relationship that persisted for a very long time. Over several years he remained in close contact with this great sage of Science. The content of their conversations used to be about fats and electrons. One day she suggested to write a book in which, she could explain her theories again, briefly and concisely. And the Book Cancer - "The Problem And The Solution" was written. Lothar worked very hard in the creation of this great book.

Lothar Hirneise is founder and President of "People Against Cancer", Germany. He is a great researcher and writer on alternative healing. In his book "Chemotherapy cures cancer and the earth is flat" he puts an "Encyclopedia of unconventional cancer treatments", and summarizes the results of his years of worldwide research together. The book became a best seller within no time. He had successfully treated thousands of cancer patients at his center in Germany (3E Zentrum, Buocher Höhe Im Salenhäule 10, D-73630 Remshalden-Buoch Telefon: 07151-98130).

Lothar Develops 3e Program

In the last few years, he has interviewed several hundred final stage, so-called cancer survivors, meaning patients who were in the final stage of cancer, and who are all healthy again today. Based on his findings, he proposed a 3 E Program for cancer.

- Eat well - Raw organic diet with lots of flax oil and quark.
- Eliminate the toxins - We are exposed to countless toxins into our body. You should eliminate toxins in a very simple and proven way like enemas, liver cleansing, oil extraction, colon-hydro-therapy and sodium bicarbonate baths.
- Energy - It is a fact that negative emotions and traumatic experiences can be retained in our body cells. All those experiences and inner pictures change our behavior and cause dis-ease. In an individual process, it is possible to convert these negative energy pictures. Inner world journey strengthens your decision-making and responsibility and gives harmony to your subconscious mind.

He noticed that 100% of all cancer survivors did the energy work. In approximately - say 80% of all patients, he found a change in diet. And at least 60% of all patients took intensive detoxification rituals.

Tumor ss Not a Problem, But a Solution

Lothar Hirneise says: "A tumor is the body's solution to some problem in your body. A tumor forms because someone is no longer producing adrenaline, which is needed to break down sugar. An excess of sugar is dangerous, so the body produces tumors. Tumors ferment or burn sugar. They also use a lot of energy - sugar - due to the fast division of cells.

Cancer cells function like liver cells, but much more efficiently. So the tumor helps you to get rid of poisons from your body. Without the tumor you would be really ill. That is why you shouldn't immediately operate to remove a tumor. First strengthen and detoxify yourself. If the tumor still continues to grow - which is almost never the case - you can always operate later."

The Budwig Diet Quotes

"This diet is the most successful anti-cancer diet in the world. What she has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: CANCER IS EASILY CURABLE, the treatment is dietary/ lifestyle, the response is immediate; the cancer cell is weak and vulnerable, if you know how?"

-Dr. Dan C. Roehm M.D. FACP, oncologist & former cardiologist

"I have the answer to cancer, but American doctors won't listen. They come here, observe my methods and are impressed. Then they want to make a special deal so they can take it home and make a lot of money. I won't do it, so I'm blackmailed in every country."

-Dr. Johanna Budwig

"Of all the alternative cancer treatment, that I have investigated, Dr. Johanna Budwig's is definitely number one ... Nowhere in the world, I found such fantastic cases as with Dr. Budwig. It's phenomenal."

-Lothar Hirneise

"Numerous clinical studies published in major medical journals world-wide confirm Dr. Budwig's findings.... Over 40 years ago Dr Budwig presented clear and convincing evidence that the essential fatty acids were at the core of the answer to the cancer problem... "

-Dr. Willner, M.D., Ph.D. (The Cancer Solution)

Dr. Budwig's legacy was also on the importance of photons from the sunbeams and their interaction with vital essential fats (linoleic and linolenic acid) in our body. It is the interaction of photons from the sun and the electrons in proper food that provide the synergistic effect on healing our body. Eating the electron rich flax oil/cottage cheese mixture, must be connected with adequate exposure to sunlight.

***-Dr. B.L.Gochar,* President, IMA Kota**

Budwig Protocol in Brief

This is raw organic diet with lot of Flax oil and Juices. Consume only clean or RO filtered water. To get the best results, proper guidance is strongly recommended.

7:00 AM A glass of sauerkraut juice or butter milk consumed every morning. Sauerkraut is rich in vitamins including C, enzymes and helps develop the health-promoting gut flora. It is alkaline and cleansing.

8:00 AM Breakfast A cup of green tea or herbal tea, sweeten with real honey. Take such tea before every meal.

FOCC or Om Khand Blend 3 Tbsp flaxseed oil (FO) with 6 Tbsp low-fat Quark or Cottage cheese (CC) with electric hand blender, then add 2 tbsp freshly ground flaxseed, a cup of fruits, (e.g. berries, cherries, peach, apples) some dry fruits and seasoning that may create a new flavor every day.

10:00 AM Fresh-pressed juices Carrot juice, radish juice, beets etc. with lemon.

12:15 PM Salad plate (tomato, cucumber, lettuce, radish, cabbage, broccoli, and pepper) with cottage cheese and flax oil mayo dressing (prepared by mixing together 2 Tbsp Flax Oil, 2 Tbsp milk, 2 Tbsp cottage cheese and 2 Tbsp Lemon juice, add a variety of herbs making the plate most appealing.

12:30 Main Course Vegetables cooked in water, then flavored with Oleolux and herbs possibly with oatmeal, curry etc. Vegetable soups flavored with a little Oleolux and yeast flakes, as side dish for buckwheat, brown rice, millet or potatoes.

Lunch Desert Cottage cheese/ Flax oil mixture served as a sweet dish prepared with dry fruits and fruits such as pineapple, or poured over a fruit salad.

3:00 PM Fruit Juice Consume one glass grape, cherry, pomegranate or orange juice with 2 tbsp freshly ground flaxseed.

3:30 PM Fruit Juice Consume pure pineapple or papaya juice with 2 tbsp freshly ground flaxseed.

6:00 PM Supper (light and served early) A warm meal may be prepared using brown rice, buckwheat or oat meal. Prepare soup or lentils flavored with Oleolux (it is healthy alternative of butter developed by Budwig).

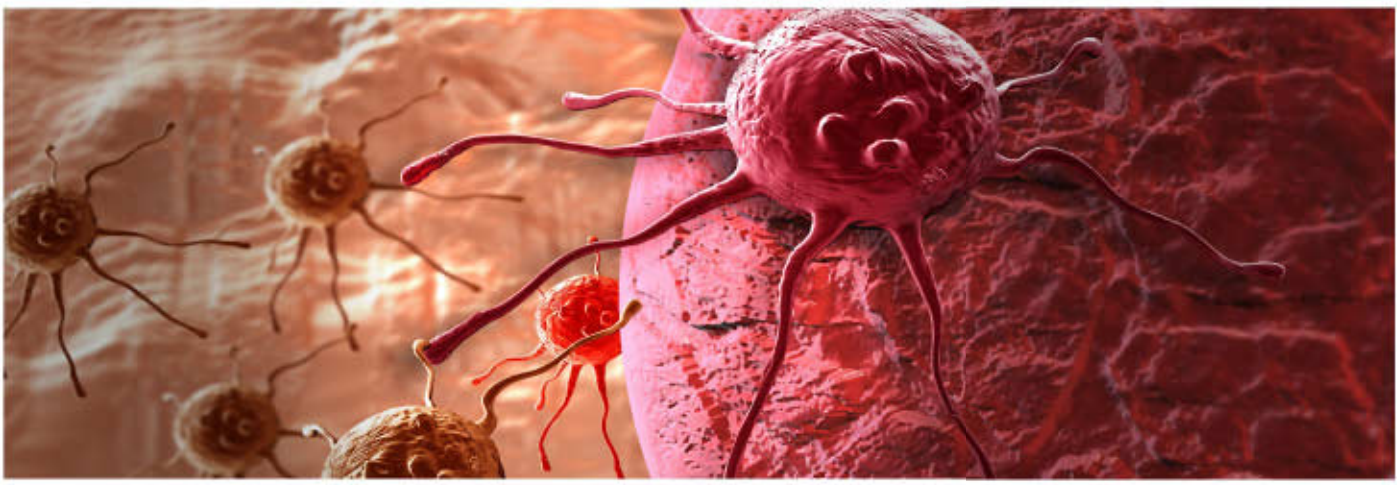
Prohibitions of Budwig Protocol

- No Sugar, No meat, No eggs, No Butter, No clarified butter
- No Hydrogenated fat and Refined oil
- No Soya, corn, peanuts and refined table salt
- No frying, No sautéing, No deep frying
- No Preservatives and Processed Food
- No Microwave, Teflon coated and Aluminum cookware
- No cosmetics, chemicals and pesticides
- No foam mattress and pillow.
- No nylon, polyester or acrylic clothing, only cotton, silk and wool is allowed.
- No CRT TV and mobile phones
- No left over food

Elimination or Detoxification (Mnemonic M.Sc., Botany) may include flax oil Massage, Sun therapy, Coffee enema and Soda bicarb Bath.

Energy Therapies (Mnemonic MTV)

- Meditation, Yoga nidra, Positive attitude, System change and Deep breathing exercises
- Tumor contract - Tell your tumor that if it grows in size, then you may die, and eventually he also will die. So advise him to become microscopic in size. In return you promise to make some changes in your life so that both of you might live long. If he agrees with your proposal, sign a contract with him immediately.
- Visualization - is the most important tool to tap into the power of your imagination to help heal cancer. Remain tuned to your healthy and happy future.



Shanti's Wellness Journey

Miracle change in just 3 months

After 3 months
On Budwig Protocol

Shanti of Jaisalsar suffered from Leomyosarcoma Uterus before one and half years. She was operated and treated at Bikaner. After a remission for six months, she developed Metastatic Tumor in Left side of abdomen with anemia, pain, anorexia and vomiting. Then, she consulted me and I advised to take Budwig Therapy. After 3 months when she stepped into my clinic, I was totally shocked. What a miracle! She was entirely a new woman. She looked active, healthy, cheerful and young. Her tumor reduced from 84x78 mm to 46x34 mm, Her Hb rose from 7.0 to 11.5. This is a magic of Budwig Protocol.

Ratan Lal from Ujjain suffered from Kidney Cancer with Liver metastasis since 10 years and was being treated conventionally at Indore. He had Surgery, chemo and radiotherapy several times. He had very positive attitude. He came to me for Budwig Treatment in September, 2014. After 8 months in June, 2015, all his scans were clear and I declared him CANCER FREE Wow!

Written & Review by
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Mobile : 9460816360
http://flaxindia.blogspot.in

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Matter expressed in this article is authors personal view.

100% natural **cold pressed** Flaxseed Oil that:

- has NOT been heated or chemically processed
- retains naturally occurring antioxidants is fresh and physiologically active.

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Health First | Happiness Forever

FLAX OIL for Budwig Diet

Add Vegetarian OMEGA 3 to your daily diet

11 REASONS WHY YOUR FAMILY NEEDS OMEGA 3

Extensive research indicates that Omega-3 helps to:

- Keep your heart healthy; control cholesterol & triglyceric
- Normalize blood pressure
- Promote blood sugar
- Strengthen immune system
- Enhance joint comfort & flexibility
- Boost energy & stamina; maximize physical performan
- Loose weight & keep it off
- Heighten mood & mental clarity, increase brain vitality
- Ease PMS and menopause symptoms
- Maintain radiant & healthy skin, hair and nails.
- Support healthy kidney and liver functions

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CANCER HERBS

Herbal remedy is the oldest form of healthcare known to mankind. Herbs have been used by all cultures throughout the history. In fact, the foundation of modern medicine is nothing, but Ayurveda and herbal science. I strongly believe that, there is a herb for every illness somewhere in nature. Plenty of wonderful herbs are found in nature used to treat cancer.

Milk Thistle

Milk thistle (Silybum marianum), is also called holy thistle and lady's thistle. There is an old story that the white marks on the leaves of milk thistle originated from drops of milk shed while Mary nursed the baby Christ.

The three main Silymarin flavonoids are: 1- Silybin 2- Silydianin and 3- Silychristin. Silybin is the most beneficial and Silymarin repairs and detoxifies the liver by stimulating synthesis of bile, protein and glutathione. It has anti-inflammatory, antioxidant and immune boosting properties. It effectively treats hepatitis C, jaundice, alcoholism and cirrhosis. It is effective in certain types of cancer, including liver cancer.

Dosage

Milk thistle seeds, consumed as a powder or tea. For cleansing effects take 1 teaspoon powder, 3 times a day. For higher doses take between 2-3 teaspoon, 3 times a day. After 8 or 10 weeks, reduce amount to ½ teaspoon three times a day.

Nettle Tea

Stinging Nettle (Urtica dioica) is a perennial flowering plant. It has green, heart shaped, serrated leaves, 3 to 5 cm long with thin stinging hairs, which release an irritant poisonous liquid that enters the skin when hairs are crushed.

Benefits

Nettle is rich in vitamins A, B-group, folic acid, C, D, E and K and minerals like iron, potassium, copper, calcium, zinc, magnesium, manganese, sulfur, selenium, silica, and chromium. It also contains flavonoids, acetycholine, serotonin, and essential amino acids. Nettles nourish and support the entire body, particularly the endocrine, immune, urinary, respiratory, and circulatory systems.

- Powerful tonic and blood purifier
- Cancer - Nettle tea provides powerful anti-oxidants, immunity boosters and anti-inflammatory Prostaglandins.
- Fertility - Increase fertility, ensure conception and increases milk production.
- It strengthens bones and used in osteoporosis, rheumatism, osteoarthritis, and gout.
- It lowers high creatinine, cleanse the kidneys and blood.
- Used in menopause, P.M.S., menorhagia, dysmenorrheal and fibroids.
- Helps in prostate problems.
- Boosts hair growth and helps regain natural hair color and luster.

How to use - To make Nettle tea, infuse 2 to 4 grams of dried leaves per cup of boiling water. Steep for 15-20 minutes and take 3 times a day.

White Mulberry

White mulberry (Morus alba) is considered an important remedy in Chinese medicine. Recently, Dr. Oz called White Mulberry "the next sensational health food " and a "super food" in his show.

The leaves contain a warehouse of highly active nutrients, such as beta-carotene, GABA-1, amino acids, carotenoids, flavonoids, chlorophyll, vitamin C, B1, B2, B6 and A. Mulberry is rich polynutrients like anthocyanin, flavonoids, lutein, zea-xanthin, and B carotene. The leaves contain six times more calcium than green tea, 25 times more than milk and 40 times more than cabbage. It contains 2.5 times more Iron than green tea and 10 times more than spinach. Last year, Dr. G.N.Ahanger famous herbalist from Srinagar exported 27 metric tons of Mulberry tea to Japan, Korea and Malaysia.

Health Benefits

- Diabetes damager - DNJ (1-Deoxynojirimycin) 1-deoxynojirimycin (DNJ) only found in mulberry leaves, inhibits the activity of a carbohydrate digesting alpha-glucosidase enzyme, so the digestion of carbohydrate is slowed, which suppresses blood glucose spikes after eating. Chemically, DNJ is very similar to glucose, except the oxygen in the glucose is replaced with nitrogen. But if DNJ is introduced into the body and because of its similar composition to glucose, the DNJ preferentially gets absorbed and the excess glucose moves to the colon without being broken down into monosaccharide and does not get absorbed into the blood. Instead it gets discharged.
- Prevents Cancer - Mulberries are a good source of resveratrol which prevents cancer. It contains high level of anti-oxidants which stunts the tumor growth.
- Cleanses blood, liver and kidney
- Reduces bad cholesterol, prevents heart attacks and strokes.
- Rejuvenates skin and enhance complexion
- Promotes hair growth and retains hair's natural color

The effective dose for Diabetes is 2.5-5 g of dry mulberry leaves in the form of tea three times a day before meals.

Dandelion

Dandelion herb (Taraxacum officinale) is the most sought-after herb to enliven our body. All parts of the plant are used for culinary or medicinal purpose.

Health Benefits

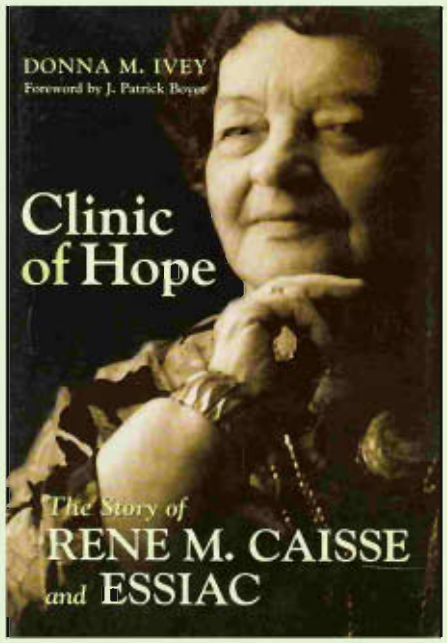
- Fresh leaves are rich in fiber, low in calories and help in constipation, reduce weight and control cholesterol.
- Dandelion roots as well as other parts contain bitter compounds Taraxacin, inulin, levulin and a resin Taraxacerin. These are responsible for various therapeutic properties of the herb.
- Dandelion is one of the highest source of vitamin-A among culinary herbs. Vitamin A is anti-oxidant, required for maintaining healthy mucus membranes, skin and vision.
- Its leaves are packed with flavonoids such as carotene-?, carotene-?, lutein, crypto-xanthin and zea-xanthn. Vitamin-A and flavonoids protect from lung and oral cancers. Zeaxanthin has photo-filtering functions and protects retina from UV rays.
- It is good source of minerals like potassium, calcium, manganese, iron, and magnesium and rich in many vitamins, including vitamin K, folic acid, riboflavin, pyridoxine, niacin, vitamin-E and vitamin-C.

Miraculous for cancer, says George Cairns

George Cairns suffered from stage 4 Prostate Cancer, and lost every hope to survive. Then one day he listen a voice that said, "You have to do something for your cancer; dandelion root may cure you." He turned around, but nobody was there. He thought this was a command from God. Very next morning, he collected dandelion roots, made powder and started to consume it. Three weeks later, his pain was gone. Five and one half months later, doctor could find no cancer problem at all. Then he treated a person who had lung cancer. This patient was also cured. Six months later, doctor found no cancer in his lungs and said it was a miracle. Slowly one person told another and it spread. Many people tried dandelion root powder for different kinds of cancer, with a great success.

Dosage

Take a little over one teaspoon root powder once a day at any time and mix it with water, or a juice. Do not use in soft drinks, or anything hot. After three or four days, you will feel good, but nothing else. This will build your immune system in from three days to three weeks to the point it takes back control of cancer cells and thus the cancer stops spreading. After three weeks most of the pain will be gone. The sooner you start, the quicker you heal your cancer.



Essiac Tea

Says bye to cancer

On a lucky day in 1922, Canadian nurse Rene Caisse saw an elderly lady taking bath in a river; she had some scar tissue on one of her entire breast. This lady told that she developed cancer before 30 years and an Ojibway Indian herbalist told her to make a tea out of certain herbs and drink it to heal her cancer. Rene noted down this miracle formula.

In the ensuing years Caisse refined and perfected the formula. Eventually, she used four herbs to make this tea: burdock root, sheep sorrel, slippery elm and turkey rhubarb. She called the formula Essiac, which is her surname spelled backwards.

In 1924 she gave this tea to her aunt who had stomach cancer and she lived for another 21 years, without any cancer. Rene Caisse later gave the tea to her mother who had liver cancer; her mother recovered and lived for another 18 years. From 1934 to 1942 she successfully treated thousands of terminally ill cancer patients in her clinic.

Benefits of Essiac

Caisse claims that Essiac strengthens the immune system, improves appetite, relieves pain and improves quality of life. It detoxifies and regenerates the liver and pancreas. It shrinks tumors and prolongs the live of people with cancer.

Many of her patients claimed that their diabetes disappeared. This result was so astounding that even Dr. Frederick Banting (Insulin Fame) became interested in doing research with Rene Caisse.

The Recipe

Using a stainless steel pot and lid, hard boil 15 g of herb in 1.5 liters of pure water for ten minutes. Turn off heat and allow herbs to steep for 12 hours. Next day, heat up tea to steaming, but not boiling. Allow herbs to settle a couple minutes. Strain off the liquid into glass bottles. Refrigerate tea.

Dosage

Recommended essiac tea dosage is 30 ml of tea per day, taken in on an empty stomach. Mix the tea with 60 ml of warm water. After 7 days, double the dose of tea and water. Do not eat or drink anything one hour before to one hour after taking Essiac.

NETTLE TEA

Relish, Exotic Taste
and **Flavor....**

Products

- **Apple Cider Vinegar**
- **Milk Thistle**
- **Lavender Oil**
- **Herbal Tea**
  - Nettle Leaf Tea
  - Lavender Tea
  - Cherry Stem Tea
  - Dandelion Roots Tea
  - Black Walnut Leaf Tea
  - Chamomile Tea
  - Hawthorn Tea
  - Horse Tail Tea
  - Lotus Leaves Tea
  - Mulberry Tea
  - Mullein Leaf Tea
  - Red Clover Tea
  - Rose Hip Tea

Health Benefits

- Nettle stimulates the lymph system to boost immunity
- Nettle relieves arthritis symptoms
- Nettle promotes a release from uric acid from joints
- Helps to support the adrenals
- It helps with diabetes mellitus
- Strengthens the fetus in pregnant women
- Promotes milk production in lactating women
- Relieves menopausal symptoms
- Helps with menstrual cramps and bloating
- Helps break down kidney stones
- Reduces hypertension
- Helps with respiratory tract disease
- Supports the kidneys
- Helps asthma sufferers
- Reduces inflammation
- Reduces incident of prostate cancer
- Minimizes skin problems
- Eliminates allergic rhinitis
- Cures the common cold
- Helps with osteoarthritis
- Alleviates diarrhea
- Helps with gastrointestinal disease, IBS, and constipation
- Reduces gingivitis and prevents plaque when used as a mouth wash.
- Helpful in the Alzheimer's disease
- Relieves neurological disorders like MS, ALS and sciatica

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Nano Curcumin

Curcumin is the active ingredient extracted from Curcuma longa. It is a member of the Zingiberaceae (ginger) family. The plant grows to a height of three to five feet, and is cultivated extensively in Asia, India, China, and other countries with a tropical climate.

The rhizome is usually boiled, cleaned, and dried, yielding a yellow powder. Dried Curcuma longa is the source of the spice turmeric, the ingredient that gives curry powder its characteristic yellow color. Turmeric is used extensively in foods for both its flavor and color.

Turmeric has a long tradition of use in the Ayurved, particularly as an anti-inflammatory agent, and for the treatment of flatulence, menstrual difficulties, hematuria, hemorrhage, and colic. Turmeric can also be applied topically in poultices to relieve pain and inflammation.

Active Constituents

The active constituents of turmeric are the flavonoid curcumin and volatile oils including tumerone, atlantone, and zingiberone. Other constituents include sugars, proteins, and resins. The best researched active constituent is curcumin, which comprises 0.3 to 5.4 percent of raw turmeric, an average of 2 to 3% only.

Nano Curcumin: A Technological Brekthrough

Naturally occurring Curcumin is fat soluble and the molecular size of the compound is 250 to 300 nmol which makes it difficult to be absorbed and distributed by the cells. Permeability of cell membranes allow molecules of upto 76 nmols to be absorbed easily. Size of nano particles of curcumin is 56 nmol and it is water soluble. Nano Curcumin is 400 times better absorbed, thus rapidly distributed in body tissues and fluids, than natural curcumin. Nano Curcumin is widely used to treat Cancer.

System-Wide, Safe, Multimodal Defense

Nano Curcumin has powerful anti-cancer and chemo preventive powers. Nano Curcumin's multi-targeted actions block multiple forms of cancer before they manifest and yield compelling results in combating a remarkably broad array of cancers, including those of the breast, uterus, cervix, prostate, and GI tract..

By blocking the inflammatory master molecule nuclear factor-kappaB (or NF-kB), nano curcumin blunts cancer-causing inflammation, slashing levels of inflammatory cytokines throughout the body. Nano Curcumin also interferes with production of dangerous advanced glycation end products that trigger inflammation which can lead to cancerous mutation.

Nano Curcumin alters cellular signaling to enhance healthy control over cellular replication, which tightly regulates the cellular reproductive cycle, helping to stop uncontrolled proliferation of new tissue in tumors. It promotes apoptosis in rapidly reproducing cancer cells without affecting healthy tissue.

In addition, nano curcumin regulates tumor suppressor pathways and triggers mitochondrial-mediated death in tumor tissue, thereby increasing the death of cancer cells.

Finally, nano curcumin interferes with tumor invasiveness and blocks molecules that would otherwise open pathways to penetration of tissue. It also helps to starve tumors of their vital blood supply and it can oppose many of the processes that permit metastases to spread.

Dosage: About 250 mg to 750 mg of pure Nano Curcumin would be needed per day, depending upon the severity of the condition.

New research shows that at least one in two adults in Britain currently aged 65 years or younger will be diagnosed with cancer at some point in their lives.
– The Lancet Oncology. Pub. Online: 05 Feb'15

Presenting the much needed Natural Choices in Prevention and Co-Therapy of most of the Chronic Conditions!

Modern-Technological-Breakthrough!
Nano-Particles of Curcumin:

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- Anti-carcinogenic
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- Anti-microbial
- Anti-oxidant

Inspired by Dr Johana Budwig!

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Matrix.... Reimprinting

Rewrite your past transform your future

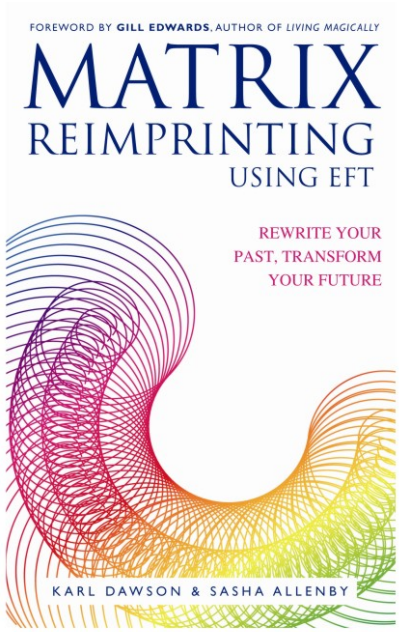
Matrix Reimprinting is a brand new cutting edge healing modality that everybody is talking about. In 2006, Karl Dawson, one of only 29 EFT Masters worldwide created this therapy, that has evolved from EFT. It is effective treatment for emotional or physical issues; it can also be used to manifest your goals and dreams.

Like its predecessors, Matrix Reimprinting also uses the meridian system that has been used in EFT. EFT was developed by Gary Crag and has a long and impressive history of resolving physical and emotional issues. In EFT you focus and verbalize an issue that you want to work with. At the same time you tap on the meridians points with your fingers, and this releases stress and trauma from the body's energy system, allowing the body-mind to return to a healthy physical and emotional state.

In Matrix Reimprinting we see these past negative memories as being held as pictures or holograms in your body-field. Until you discover the belief that was formed in the memories and transform them, you keep subconsciously recreating situations that strengthen these beliefs and thus continue affecting your health and wellbeing, often until a point of crisis is reached. Discovering the belief and then changing the pictures within the memories creates both physical and emotional healing, and enables you to attract more positive experiences into your life. And by tapping on the meridians of the body at the same time, the process is accelerated.

History of Matrix Reimprinting

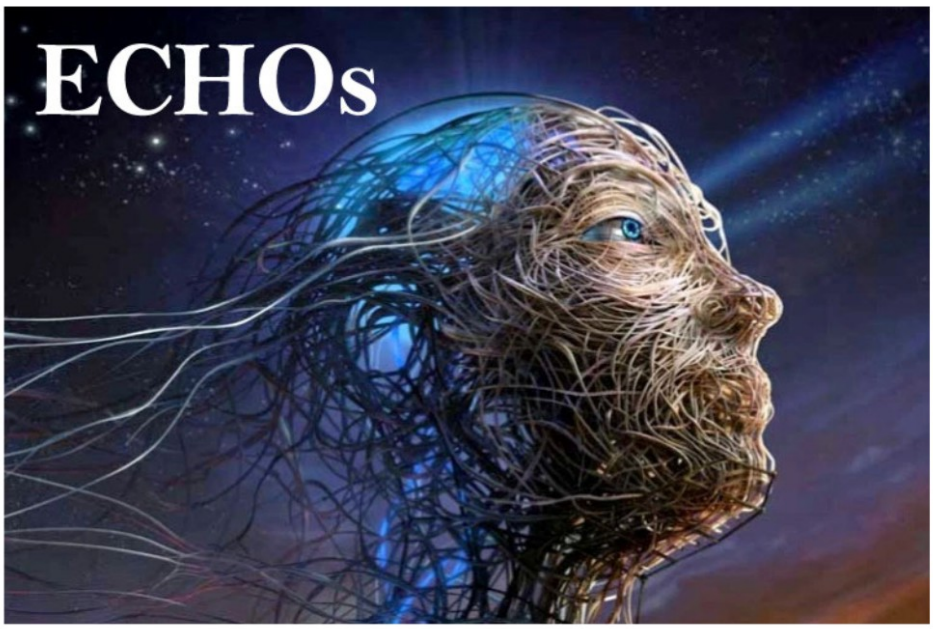
In 2006, Karl was teaching EFT in Australia. While working on a Client, he was making very slow progress. So he asked the participant, "Can you see that little girl, your younger-self, as a picture in the memory?" The client replied, "I can see her so clearly that I can tap on her." So Karl suggested the client to tap on her little-self in the memory, while he continued to tap on her. She had amazingly fast resolution, and thus Matrix Reimprinting was born!



What are ECHOs?

When we experience severe trauma, a part of us splits off to protect us from it. These dissociated energetic parts are called 'Energetic Consciousness Holograms', or 'ECHOs' for short. These 'ECHOs' stay outside our body-mind, and are actually held in our local fields or matrix. At the same time another part of us relives it over and over again, below the threshold of awareness, so it is as if the trauma has never really ended for us.

The ECHOs contains all the information about the traumatic event and that event is numbed out from our consciousness as if it never happened. But it lives on in the images of our subconscious and dictates our response to future situations. Similar events will trigger a similar response and so we suffer stress, anxiety, phobias, and so on.



Difference between EFT and Matrix Reimprinting?

If EFT is a single story house, then Matrix Reimprinting is like a multi-storey building. In EFT you can take the charge out of a traumatic memory, but the memory still remains the same. With Matrix Reimprinting, though you still use the EFT tapping points, but you can actually erase the bad memory that is bothering you and you write a new positive script or you simply rewrite the memory. You can go back to any point in time, do whatever you wished you had done, bring in new resources and new people, and transform the picture you have of that memory. So Matrix Reimprinting is more empowering.

How Matrix Reimprinting works?

In 1944, Max Planck, known as father of quantum theory, shocked the world by his bold statement that there is a 'matrix' of energy that provides the blueprint for our physical world. In recent years Lynne McTaggart has referred to it as 'The Field'. Gregg Braden has talked of the 'Divine Matrix', while Rupert Sheldrake used the word 'Morphic Fields'.

To understand how Matrix Reimprinting works, you will need to know the modern theories of quantum physics. According to quantum theory, we are all comprised of energy, and are all connected by a unified energy field. We hold our specific traumas and stressful life experiences in the matrix and they influence our every thought pattern, behavior and action.

But in order to practice Matrix Reimprinting understand the following principles:

1. We are all made up of energy that vibrates so fast we appear as solid matter.
2. We are linked by a web of energy, the Matrix that connects us all.
3. We send our thoughts out into the Matrix and those thoughts are attracted back to us as life experiences.
4. We can change how we experience life by changing the pictures in the Matrix.

Indications

Matrix Reimprinting can be applied in a variety of conditions including the following:

- Addictions
- Allergies
- Birth traumas
- Phobias
- Negative core-beliefs
- Relationships issues

You can even work with past-lives and future selves, and also enhance your work with the Law of Attraction.

Matrix Reimprinting also applied with other healing modalities such as life coaching, hypnotherapy, counseling, psychotherapy, all types of bodywork and energy work, and so on.

Steps of Matrix Reimprinting

For maximum benefit it is suggested that you take a session with a Matrix Reimprinting Practitioner. The steps below outline the process which can be amended if you were using Matrix Reimprinting by yourself.

Step 1: Identify the Presenting Issue

Perhaps there is some specific event you wish to work on, or an emotion in the body. Identify with this, feel it, the more prominent it is, the easier it will be to trace back to an appropriate memory. Your practitioner would ask "Where is this in the body? Does it have a shape or color? How intense is it? What is the emotion? How else could you describe it?"

MATRIX rePRINTING
Rewrite your past Transform your future
In Matrix reimprinting you actually go into the picture and freeze everything except the ECHO. Then introduce yourself to your younger self or the ECHO and tell her that you came there to help her. Tap on her and ask her how she would like to change the picture she is in to make it better. Once she is happy with the new picture reimprint it in the memory.
If we have trauma, the part of us splits off and form separate energetic reality outside body-mind called ECHOs. They hold the energy ofthe trauma for protecting us.

Step 2: Start Tapping

In the same way as an EFT session - start tapping on the karate chop. Your practitioner would have you repeat a set up statement 'Even though....' And then, smaller statements as the other points are systematically worked through.

Step 3: Getting to the Memory

Whilst tapping your practitioner would guide you to a related memory, by asking something like "When was the first time you experienced this?" Often an image of a younger-self (ECHO) just pops up whilst tapping. It has to be a specific memory and must be seen or sensed.

Step 4: Meet the ECHO

The practitioner may ask what is going on in the memory. At this point it is time to step into the memory as the adult-self (helper) and it is therefore vital to stay disassociated and separated. Introduce yourself to the ECHO (silently or loud); something like "I'm you from the future and I'm here to help you" and as soon as possible start tapping on the ECHO in your mind (this immediately ends the isolation the ECHO is feeling). If you are with a practitioner he will start tapping on you, if not then tap on yourself.

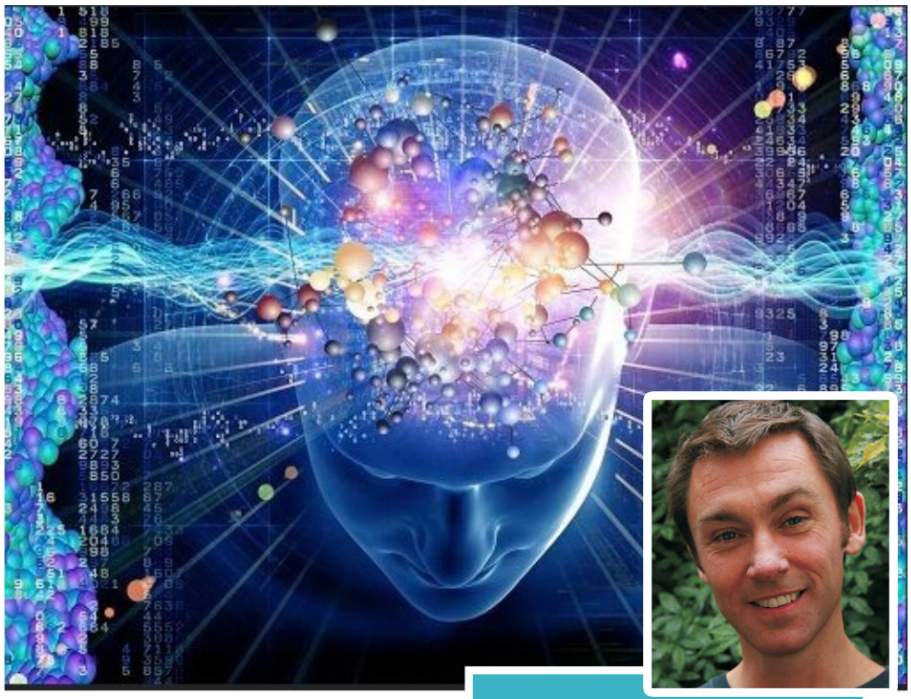
Step 5: Feeling emotions and discovering the belief

The memory may become stronger along with emotions. It may feel relevant to freeze other people in the memory. It is important that all answers come from the ECHO. The first stage will be to find out what the ECHO is feeling and then via tapping and words of comfort to the ECHO bring down the emotion. It is quite often they are frozen in fear. At some point, you may ask the ECHO "What did you learn about life from this experience?" or "What did you decide about life, or about yourself from this?" This is discovering the belief, a key part and often followed by a cathartic release.

Step 6: Resourcing

Once the emotional distress is cleared, ask your ECHO how she would like to change the picture, she is in to make it better. The idea is to develop a positive new picture that reverses whatever negative event she has stated. Other resources and people can be brought in, however try not to create a totally different memory that has no relevance to the initial memory. Keep improving the image until the ECHO says nothing else is missing that would make it better.

Step 7: Reimprint the Image



Once the image has reached a 10 out of 10, take in all of the sights, sounds, smells, colors, light, and the good feelings and bring it into your:

1. Mind/brain
2. Body (into every cell)
3. Heart, and from there with your hand on your heart send/stream/radiate it out in all directions at once to the universe and beyond.

Step 8: Test the Memory

After the new picture is reimprinted and open your eyes for a moment, then close them. Then revisit the memory and see what's there.

Did the original bad event change? Is there any remaining intensity? If so, go back in again and do some more work.

Step 9: Revisit the Memory

After a session, give yourself 2-3 days to settle in after the session. Return to the new memory a few times and radiate it out from your heart. Every time you go back to the memory, it gets stronger.

David Rees
Spiritual Master, Teacher and Healer

'David Rees is an international holistic healer, therapist and teacher who utilizes various methods including Matrix Reimprinting. In Dec., 2014, I met him at a Spiritual retreat in Maa Yogashram, Rishikesh. He introduced me to this great technique. For more information visit matrix reimprinting.com and for David Rees davidreeshealing.com

- Dr. O.P.Verma

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Budwig Cancer and Wellness Centre
Mobile : 9460816360
http://flaxindia.blogspot.in

Joy of the Mountains Oregano Oil

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http://flaxindia.blogspot.in

Wild Oregano (Origanum Vulgare) is a perennial herb that has purple flowers and spade-shaped, olive-green leaves. The whole plant has a strong, peculiar, fragrant, balsamic odour and a warm, bitterish, aromatic taste, both of which properties are even preserved when the herb is dry. The oregano sold as a spice is either Sweet Marjoram (Origanum majorana) or Mexican Sage.

There are over 40 oregano species, but the most therapeutically beneficial is the wild oregano or Origanum vulgare that's native to Mediterranean mountains. To obtain oregano oil, the dried flowers and leaves of the plant are harvested when the oil content of the plant is at its highest, and then distilled.

The ancient Greeks and Romans have a profound appreciation for oregano, using it for various medicinal uses. In fact, the name Origanum is derived from two Greek words, oros (mountain) and ganos (joy) - literally means joy of the mountain. It was admired as a symbol of happiness, and it was an ancient tradition to crown brides and grooms with a laurel of oregano.

Composition of Oregano Oil

contains 41 antibacterial, 31 anti-inflammatory, 26 antiviral, 26 antifungal and 6 antiparasitic, Pseudomonas, Staphylococcus, 22 antiseptic elements, 28 antioxidant, 6 immunostimulant elements and 4 COX-2 inhibitor elements.

Carvacrol (a type of phenol) is one of the strongest and most effective Multi-spectrum antibiotic known to man, killing 90 different pathogenic microorganisms, such as candida albicans, staphylococcus, E. coli, campylobacter, salmonella, klebsiella, the aspergillus mold, giardia, pseudomonas, and listeria.

Thymol - a natural Cox-2 inhibitor and fungicide with antiseptic properties. It boosts immunity, protects against toxins, and even prevents tissue damage and encourages healing.

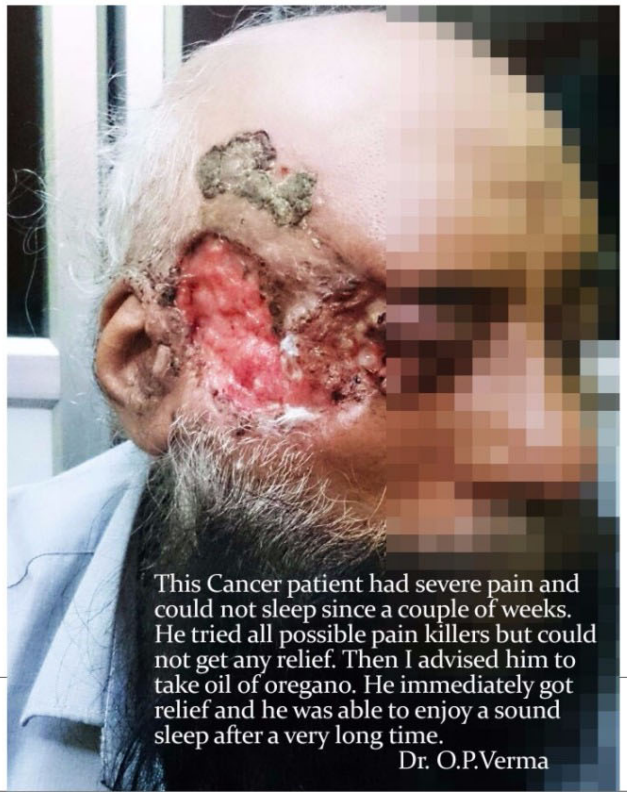
Terpenes - Powerful antibacterial

Rosmarinic acid - an antioxidant and helps in treating allergic asthma, cancer and atherosclerosis. It is also a natural antihistamine that reduces fluid buildup and swelling caused by allergy.

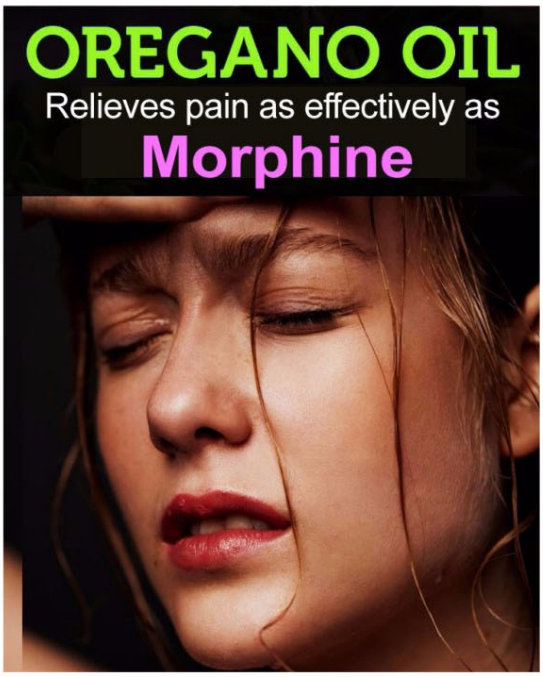
Naringin - inhibits the growth of cancer cells and boosts the antioxidants in oregano oil.

Beta-caryophyllin (E-BCP) - this substance inhibits inflammation and is beneficial for osteoporosis, arteriosclerosis, as well as metabolic syndrome.

Nutrients like vitamins A, C, and E, calcium, magnesium, zinc, iron, potassium, manganese, copper, boron, and niacin are also found in oregano oil.



This Cancer patient had severe pain and could not sleep since a couple of weeks. He tried all possible pain killers but could not get any relief. Then I advised him to take oil of oregano. He immediately got relief and he was able to enjoy a sound sleep after a very long time.
Dr. O.P.Verma



Oregano Oil Fights Cancer

Oregano can assist in a holistic cancer treatment. It will not cure cancer alone but in combination with other herbs and therapies, it will boost cancer treatment effectiveness.

Oil and Arthritis

Arthritis is a painful and chronic condition that is accompanied by extreme pain, inflammation and stiffness of joint. Oregano oil has power to penetrate deeply into the skin and the joints, can brings relief to those suffering from Arthritis. Oregano oil quickly heals inflamed joints and muscles and helps in increasing joint and muscle flexibility.

Carvacrol has the ability to activate the natural anti-inflammatory defense system known as heat shock proteins (HSP) and increase the responses of the T cells against self-stress protein and reduce the inflammation.

Pain Killer

Oregano oil relieves pain as effective as MORPHINE. It even surpassed the ability of conventional drugs to reverse pain and inflammation.

For the past 14 years I had a constant lingering pain in my right knee, due to an injury. Recently I used oregano oil directly on my knee and had a substantial decrease in pain. I actually felt a difference almost immediately.
– Devkhalsa, Runner and Sportsman

Therapeutic Indications

SKIN INFECTIONS -

Viral Infections - Shingles, Cold Sores,

Bacterial Infections - Boils

Fungal Infections - Ringworm, Seborrhea, Genital Warts, Warts, Impetigo, Dermatitis, Psoriasis, Eczema, Rosacea, Acne, Athletes foot, Jock itch, Allergic Rashes, Cuts, Scabies, Bed sore

BURNS, CUTS, SCRAPES (ANTIBIOTIC / ANTISEPTIC / ANALGESIC)

It is proven to be as strong as antibiotics with none of the side effects - Apply oil topically immediately to clean and reduce pain in the wound. Quick application may prevent blistering and scarring from light burns and will prevent infection and speed rapid skin recovery in all wounds.

BITES AND STINGS (ANTI-VENOM)

Oregano oil can neutralize venomous bites - making it invaluable first aid treatment for all bites, including bees, snakes and spiders, prevents infection from animal bites, Oregano oil also reduces inflammation and its anesthetic properties relieve the pain associated with bites and stings after topical application. The oil penetrates into the wound to neutralize toxins and pathogens. Also, can take a few drops internally to amplify the effect.

RESPIRATORY INFECTIONS

Flu - Carvacrol kills H5N1, a subtype of Influenza A virus, Coughs, Sinusitis, Bronchitis, Sore Throat, Colds, Croup, Inhaling vapors effectively combats lung complaints and coughs. Oil also loosens and releases phlegm

PARASITIC INFECTION (E.g. Head lice, Scabies, Cryptosporidium, Giardia, Flukes)

Take 1-3 drops up to 3x daily (under the tongue or in water/juice), or add a drop to suspected contaminated water to protect against parasites such as cryptosporidium and giardia.

Internal parasites /flukes - internal dosages are effective in killing parasites and flukes in the body. Take 1-3 drops up to 3 times daily to rid yourself of internal parasites.

Head Lice - Add a few drops to soaps and shampoos to kill head lice and get rid of dandruff.

Viral Infection e.g. Colds, Flu, Cold sores, shingles, herpes, warts, Ebola, Hepatitis

Successfully treats viral infections, Oil can stop a cold or flu if taken at the first sign of symptoms.

IMMUNE SYSTEM BOOSTER

Unparalleled in plant kingdom - many times stronger than echinacea or goldenseal, 1-3 drops 3x /day boost immunity

ANTIOXIDANT

Powerfully protects cells from free radical damage, taken daily, slows effects of aging, prolongs shelf life of foods.

ALLERGIES

In many cases relief occurs quickly - Allergies can often be eliminated by the internal use of oregano oil and by breathing the vapors from the oil

MUSCLE AND JOINT PAIN, INFLAMMATION AND INJURY

e.g. bruises, torn and sore muscles, sprains, Bursitis, Tendonitis, Cramps, Carpal tunnel syndrome, rheumatism, Sciatica

DIGESTIVE e.g. Indigestion, appetite stimulant, diarrhea, hiccups, colitis

Stimulates bile flow, settles flatulence, anti-microbial, anti-inflammatory

Pain e.g. headache, migraine, nervous tension

It is powerful analgesic

FUNGAL INFECTION e.g. Candidiasis, thrush, vaginitis, Toe and Fingernail fungus, Athlete's foot, Dandruff, Ringworm, Ear Infection and Head Lice

Candida Yeast Infection (also called thrush or candidiasis) - superficial infections (e.g. oral thrush, vaginitis).

Systemic infection, however, can be life-threatening and is usually found in severely immuno-compromised persons e.g. cancer or AIDS. Oil contains powerful antifungal agents that eliminate Candida effectively and safely.

Take 1-3 drops under the tongue or with juice 3 times daily. Avoid sugar and refined flour as these feed the Candida. Remember to drink 6-8 glasses daily of water to flush the toxins generated by dying candida. Continue treatment as long as

necessary, understanding that prolonged treatment and more aggressive dosages may be required.

Nail fungus - usually a result of Candida infection in the blood. Wash and dry the nails and soak them with oil twice daily. Also, take 1-3 drops oil 3x daily for 6 months.

Athlete's foot - Apply the oil topically to the feet.

Dandruff (Seborrhea) - In addition to adding a few drops of oil to shampoo, rub diluted oil. You can apply this to non-scalp seborrhea.

FOOD POISONING

In Food Poisoning, take 3 drops hourly for up to 10 hours or until symptoms disappear.

CANCER

Oregano oil has antimutagenic and anticarcinogenic properties attributed to Rosmaric acid and Naringin.

Skin Cancer - Saturate the tumor with oil then keep covered with a band aid.

HIGH BP - Lowers blood pressure - oil contains 7 compounds that lower BP

TEETH AND GUMS

Gum Disease, Canker sores, Pyorrhea - apply directly to affected area with a clean finger.

Oral Hygiene, Bad Breath - add a drop of oil on your tooth brush will leave your mouth feeling fresh and clean, used regularly will vastly improve oral health and hygiene.

Toothache - oil kills bacteria causing the pain. Apply the oil directly to the infected tooth.

UTI

Carvacrol strongly inhibits E. coli, Proteus and Pseudomonas bacteria - thus oregano oil is very effective for urinary tract infections.

"LESS IS MORE" APPLIES TO OREGANO OIL

Full strength Oregano oil is too powerful for the internal or even external applications. Dilute it at least 3:1 with any good carrier oil (olive oil or coconut oil). Do spot test before using it in liberal amounts. Dilutions range from 3:1 to 15:1 depending upon the specific use. Do not use in vagina, anus, sensitive skin areas or mucous membranes unless well diluted due to heat sensation. Normal adult dose is 2-3 drops (1 drop if you choose to use it for children) (diluted 1 part Oregano oil : 3 parts carrier oil), 2-3 times/day, under the tongue (mix well with saliva before swallowing) or in 4oz. juice, water or mixed into a Tsp. of honey. Drink 6-8 glasses of pure water daily to flush toxins (produced as a result of microbial "die-off") from the blood.

IS OREGANO OIL SAFE?

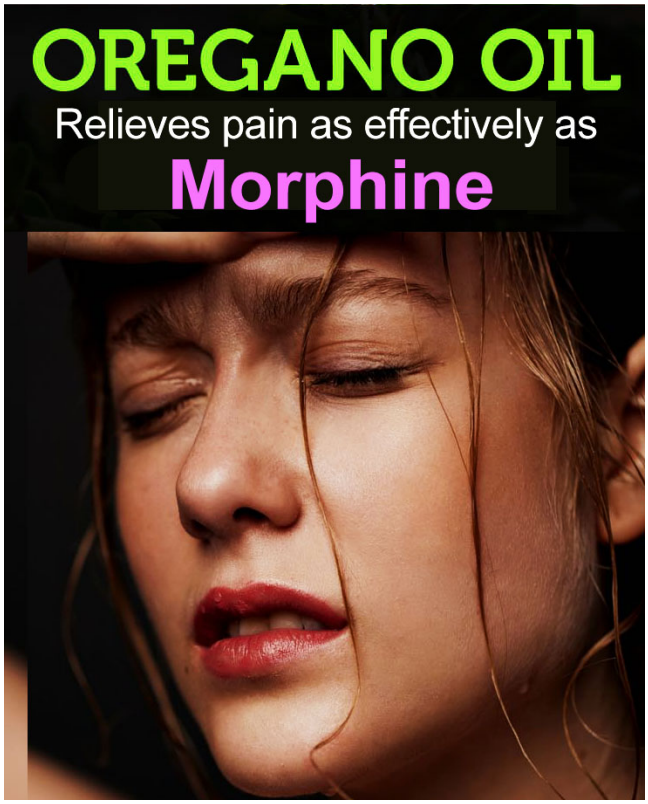
Yes it is, as long as it's diluted in water or with a carrier oil (olive or coconut oils). Clinical herbalist Michelle Lynde says the ideal ratio when diluting this herbal oil is one part oregano oil to three parts carrier oil. I recommend doing a spot test as well to check if you have any allergic reactions to oregano oil. Simply apply a diluted drop on your arm and see if any irritation occurs. Be careful, buy only Wild Oregano Oil. Some manufacturers sell adulterated oils and oils made from thyme, Spanish oregano, or cultivated oregano, which DO NOT provide real health benefits.

It is not advisable to take this oil continuously for more than 6 weeks. You could reduce your body's ability to absorb the oil. If you think you need to continue, pause for at least 2 weeks before resuming the treatment.

Some people may experience stomach upset when ingesting oregano oil. Those who are allergic to plants of the mint family, should also avoid this oil, as they may also develop an allergy. Oregano oil is usually NOT advisable for infants, children and pregnant or nursing women.

I had severe pain in my left heel since a few years. I tried many therapies, but in vain. Then one day my husband brought a bottle of wild oregano oil and applied on my heel. After two applications my pain vanished completely.

Usha Verma



OREGANO OIL

Health Benefits

Pain
Arthritis and injuries
Cancer
Allergies and Asthma
Bacterial infections
Fungal infections
Parasites
Viruses
Inflammation
Bites and stings

FAT

friend or foe

After the advent of "lipid hypothesis", which linked the consumption of dietary fat with increased risk of heart disease and other health problems, fat was highly defamed by the medical establishment that many people started thinking that the best answer to the "fat problem" is to stay away from it as far as possible. Food processing companies quickly took advantage of this era of "fat phobia", and soon flooded the market with "low fat" and "no fat" products, promising to put an end to heart disease and obesity, but the incidence of these diseases is still skyrocketing.

The truth is that not all fats are equal. While the consumption of some bad fats (trans-fats) are, really, a risk factor for many health problems, some other fats, including alpha-linolenic acid ALA and linoleic acid LA, are so important for health that they have been termed "essential fatty acids" (EFAs). Our body needs them to perform vitally important functions, but our body is unable to produce them. Therefore, we must get them from our food. That's why any attempt to indiscriminately reduce or eliminate all fats from our diet inevitably leads to an EFA deficiency, which may be very dangerous to health.

For all the good it does, fat is often blamed to cause obesity, because it contains 9 calories per gram, in contrast to carbohydrate and protein which contain only 4 calories. Yet, it's a mistake to relate dietary fat with body fat. You can get fat by eating carbs and protein, even if you eat little dietary fat.

In 1956, Hugh Sinclair, one of the world's greatest researchers in the field of nutrition, suggested that an upsurge in the so-called "diseases of civilization" e.g. coronary heart disease, strokes, type-2 diabetes, arthritis and cancer - was caused by modern diets being extremely poor in essential fatty acids (EFA) and full of processed foods rich in trans-fatty acids. Although Sinclair's opinion was not supported by his pears, and he was even criticized by some of them for his bold hypothesis; later research convincingly showed that he was, indeed, correct. In fact, he is now praised for insights that were far ahead of his time.

Fat gives us beauty, shape and protection. A thin fat layer located under the skin helps to insulate and maintain the proper body temperature. Fat is used as a source of backup energy when carbohydrates are not available. Vitamin A, D, E and K are known as fat-soluble vitamins, need fat in order to be absorbed and stored. Fats are also responsible for making sex hormones, cell membranes and prostaglandins.

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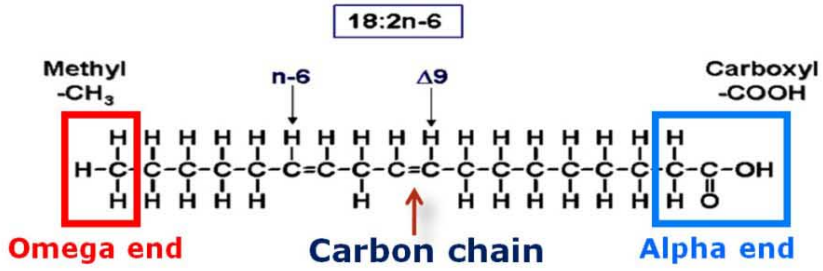
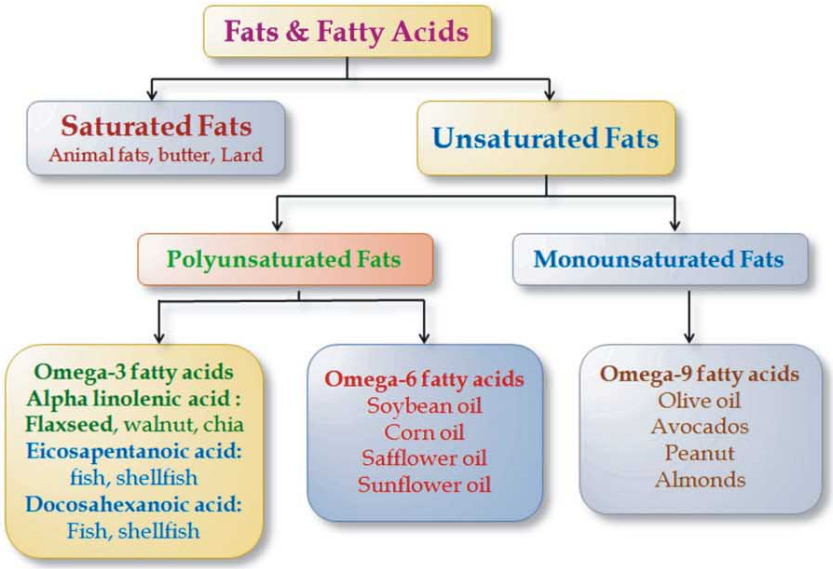
What is a fatty acid?

Fatty acid is a carboxylic acid with a long unbranched aliphatic carbon chain, which is either saturated or unsaturated. Most fatty acids have a chain of 4 to 28 carbons. There is always even number of carbons. First Carbon from carboxyl end is called α, second β, third γ, fourth δ..... and the last carbon is called ω
and the last end is called omega end.
Below is Leinolic acid.



The Good Fats

When unsaturation of fatty acids occur, two adjacent hydrogen atoms are removed on the same side of the fatty acid chain and a double bond is placed between two adjacent carbons. This is called cis confguration and causes the chain to bend by 35°. Energy rich pi-electrons are accumulated here, these are called electron clouds. Chain becomes weaker at the double bonds. Cis fatty acids are less stable and have lower melting points than their trans-fats or saturated counterparts. They slip over each other and so are liquid at room temperature.



I am referring to a super nutrient, which has been neglected for decades, it is neither taught properly in the schools, nor the doctors discuss about it openly, multinationals have removed this from our diet, but the hard truth is that it is essential for our health, it keeps us healthy and fit, protects us from many serious ailments, its presence is essential for cellular respiration, our cells suffocate in its absence, without this our life is impossible, name of this nutrient is alpha-linolenic acid, which is head of the omega-3 family and the richest food source is FLAXSEED OIL.

Dr. O.P. Verma, Flax Guru

The litany of dangers with soy products, according to the article by Fallon and Enig, is nearly endless. Soy products promote rather than prevent cancer. Soy contains "antinutrients" and is full of toxins. The pro-soy publicity of the past few decades is nothing but "propaganda."

John Robbins

Functions of Omega-3 fats

Omega-3 fats have live, energy rich pi-electrons, also called electron clouds. Electrons are key to health and longevity. This is the biggest "Anti-entropy Factor". Electrons are extremely important to the body's overall energy exchange potential "the flow of life force or prana." The recent research has brought some extremely interesting and promising results in terms of the potential of omega-3 fatty acids to prevent and treat many modern diseases. Functions of omega-3 fats are summarized as follows:

1. Anti-clotting (thrombolytic) effect - Blood clots, may result in stroke, heart attack, or pulmonary embolism (PE), are the no#1 cause of death,
2. Lowering the risk of heart disease, including coronary heart disease and atherosclerosis (preventing the formation of artery-blocking atherosclerotic plaques)
3. Lowering the level of LDL cholesterol in the blood.
4. Alleviating hypertension
5. Omega-3 have been shown to lower heart rates and prevent arrhythmias (disturbances of the normal rhythm in the heart's beating)
6. Alleviation of circulatory problems such as varicose veins and Raynaud's disease
7. Helping to alleviate depression and mood disorders
8. Reducing aggression, hostility and criminal behavior in teenagers and criminals.
9. Helping patients with attention deficit/hyperactivity disorder (ADHD), dyslexia and dyspraxia
10. Helping to improve memory and learning skills, and prevent Alzheimer's disease
11. Prevention of allergic disorders in children
12. Improving the condition of those who suffer from inflammatory skin disorders such as psoriasis and eczema
13. Alleviating rheumatoid arthritis and other inflammatory forms of arthritis, like psoriasis and gout
14. Improves the immune functions
15. Alleviating symptoms of PMS
16. Improvement of visual acuity

Classification of Fatty Acids

One system of fatty acid classification is based on the number of double bonds.

1. Saturated fatty acids: Zero double bonds e.g. Stearic acid
2. Monounsaturated fatty acids: 1 double bond e.g. Oleic acid
3. Polyunsaturated fatty acids: 2 or more double bonds e.g. Linoleic acid

Trans-fats - The bad fats

A trans-fatty acids, by contrast, has its hydrogens placed on opposite sides of the double bond. As a result, they do not cause the chain to bend, and their shape is similar to straight saturated fatty acids. Trans fats are "anti-human", electron-poor, directed into the past, life functions are paralyzed, lacks energy and strength because the electrons that are in harmony with the sun as "life-element" are missing. Most trans-fatty acids are not found in nature and are the result of hydrogenation.

1. Trans fat is a risk factors for cancer.
2. Elevate cardiovascular risk factors.
3. Cause Diabetes Type 2.
4. Decrease testosterone.
5. These are solid at room temperature.
6. Change the fluidity of cell membranes.
7. Trans fat is the biggest enemy of mankind.

Food Sources - Trans -fats - The bad fats

FAST FOOD :

Most fast foods including Indian fried foods are fried in partially hydrogenated oils or refined oils, which increases their trans fat content. Burgers, fried chicken, biscuits and sandwiches also contain high trans fats.

BAKED GOODS :

All processed and baked goods are a top source of trans fats.

MARGARINE (VANASPATI) :

All margarines are full of trans fat.

ADDITIONAL SOURCES :

Packaged snacks, such as potato chips, French fries, pizza and cheese-flavored curls, can contain high trans fats.

Choosing the Right Fat

Choosing the right fat is much more difficult than solving a crossword puzzle. At one time FDA touted margarine as the most heart healthy fat and after a few decades suddenly margarine became the most dangerous fat full of trans fats and FDA ultimately accepted that trans fat is unsafe at any level of consumption. Deceptive marketing by oil producers further increase confusion in the public. In this perspective I boldly share my experience about fats.

1. Most healthy fats are cold-pressed MUFA and PUFA oils rich in essential Omega-3 and Omega-6 Fats
2. You should never heat healthy oils rich in omega-3 fats. Omega-3 fats are highly heat sensitive. Consume them raw.
3. PUFA rich oils are best consumed cold as a salad oil. Avoid or minimize use of PUFA rich oils in cooking or where application of high heat is necessary.
4. It is best to minimize use of oils in cooking.
5. Don't reuse cooking oil
6. Oils suggested for use in regular cooking : Mustard Oil, Peanut Oil, Sesame Oil, Coconut oil and Olive Oils. These oils are relatively low in PUFA.
7. If you have to deep fry, it is best to use ghee or coconut oil. Both are rich in saturated fats and so very stable, unaffected by heat.
8. Always buy oils in small quantities. Freshness is important.
9. Never buy partially hydrogenated oils, heated or refined oils which are made with shelf life in mind rather than human life in mind. Avoid Soy oil. All these are full of trans fats. If you see H word on the label, don't buy it. H stands for hydrogenated.
10. Only fats derived from animal source contain cholesterol.
11. Every ready to eat food you buy from market has bad and very unhealthy fats.
12. Keep total fat intake to 20-30% of calories, limit saturated fats to less than 10% of calories and limit trans fats to 1% of calories (2 grams per day for a 2000 calorie diet)

GOOD FATS	FATS TO LIMIT	BAD FATS
• Cold Pressed Flaxseed Oil (Always use it raw) • Extra-virgin Olive oil (Use as salad oil) • Virgin Coconut oil • Cold Pressed Mustard oil • Cold Pressed Peanut oil • Cold Pressed Sesame oil • Cold Pressed Sunflower oil • Cold Pressed Walnut oil • Cold Pressed Avocado oil • Olives • Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews) • Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)	• Meat (beef, lamb, pork) • Chicken • Whole-fat dairy products (milk and cream) • Butter and ghee • Cheese • Lard	• Ice cream • Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough • Packaged snack foods (crackers, microwave popcorn, chips) • Margarine (Vanaspati) • Vegetable shortening • Fried foods (French fries, fried chicken, chicken nuggets, breaded fish) • Candy bars • Peanut butter, Soymilk, • Tofu • Refined Corn oil, Palm oil, Canola oil, Soybean oil, Safflower oil

Our Biggest ENEMY TRANS FAT

Trans fat is a man-made, toxic, inedible and imitation fat. This is a type of damaged unsaturated fat, uncommon in nature, but produced in factories from cheap vegetable oils for use in margarine, snack food, packaged baked goods and frying food.

Fats contain a long hydrocarbon chain, which can be unsaturated, i.e. have double bonds, or saturated, i.e. have no double bonds. The shape of a saturated hydrocarbon chain is normally straight or linear. When unsaturation

occurs nature removes the hydrogen atoms on the same side and a double bond is placed between carbons. Biochemists call this a cis-configuration. This greatly changes the fatty acids physical and chemical characteristics. At a double bounded carbon pair, repulsion of the hydrogen atoms causes the carbon chain to bend, and these results in a lower melting point of the fat.

In trans fat hydrogen atoms are on the opposite side of the double bonds of the carbon chain keeping the fat molecule straight. This causes the trans fat to be solid at room temperature.

Hydrogenation is the process of passing hydrogen at a very high temperature through the oil to change its consistency, in presence of a catalyst nickel. As the hydrogen passes through, the oil begins to become solid. Full hydrogenation of vegetable oils would produce exclusively saturated fatty acids that are too waxy and solid to use in food production. So manufacturers obtain "partial hydrogenation" by stopping the hydrogenation part of the way through. This looks, feels and spreads like butter, but much cheaper to produce. It is sold as "margarine" or "vegetable shortening". Partial hydrogenation of the unsaturated fat converts some of the cis double bonds into trans double bonds, which produce trans fats. Consumption of trans fats has shown to increase the risk of coronary heart disease and promote chronic inflammation in the body.

Trans fats occur rarely in nature. Vaccenyl and Conjugated linoleic acid containing trans fats may occur naturally in trace amounts in meat and dairy products, but these are not harmful. Two Canadian studies have shown that these natural trans fats were actually beneficial compared to hydrogenated vegetable shortening.

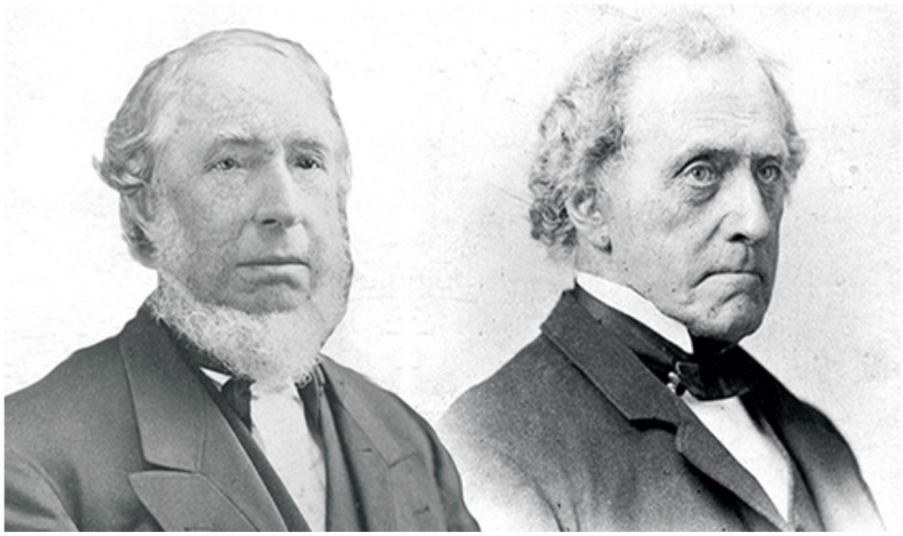
Tragic Tale of Trans Fats

It's interesting to see that the seed of tragic tale of trans fats was sown close to a century ago when Paul Sabatier was awarded a Noble Prize for developing the chemistry of hydrogenation. Though he considered hydrogenation of only vapors, the German chemist Wilhelm Normann showed in 1901 that liquid oils could also be hydrogenated, and he patented this process in 1902.

Then candle maker William Proctor and his brother-in-law, soap-maker James Gamble, joined together and formed a new company - Proctor and Gamble in Cincinnati, Ohio. P&G acquired the US rights to the Normann patent and began producing the first hydrogenated shortening from Cottonseed Oil in 1911. This was named Crisco, derived from CRYStalized Cottonseed Oil. After a couple of decades P&G replaced the cottonseed oil with genetically modified soybean oil and fully hydrogenated palm oil.

Crisco was presented as healthier, more digestible, cleaner, more economical, more enlightened and more modern than lard. Women who use Crisco are portrayed as good wives and mothers, their houses are free of strong cooking odors and their children grow up with good characters. With one sentence, P&G had taken on its two closest competitors-lard and butter. To attract Jews a new slogan was framed: "The Hebrew Race had been waiting 4,000 years for Crisco!"

Through highly deceptive but successful and intense marketing, this deadly fat had gradually and insidiously replaced many of our delicious and healthy traditional foods. Sale of shortening and its



cousin, margarine, took off for obvious reasons - who wouldn't want a butter substitute that was cheaper, had longer shelf life, and came with free cookbooks (All the recipes required Crisco, of course)? May be P&G initially did not know that Crisco would be so dangerous for human race.

The advent of Crisco on the shelves and kitchens, whole world was thrown into the era of the greatest chronic inflammation! When evidence began to appear about problems of heart disease, cancer, diabetes, and arthritis, the greedy P&G worked behind the scenes to cover them up. One of puppet scientists who worked for P&G, Dr.

Fred Mattson, presented the US government's inconclusive Lipid Research Clinical Trials to the public as proof that it is the animal fat, not the margarine that caused heart disease. He also persuaded the American Heart Association to preach the spurious gospel of the Lipid Hypothesis."

But reality was entirely different. Trans fat was the main culprit behind the world-wide epidemic of heart disease, cancer, type-2 diabetes and other chronic diseases. Before the era of Crisco these diseases were very rare. While these oil companies were celebrating their success, people were dying from heart infarction, diabetes and cancer. A great crime had happened against whole human race. Media and FDA remained silent for almost a century. Even doctors did not define the trans fats clearly

Science Behind Trans Fats

Why trans fat is so unhealthy? How natural and essential fatty acids (EFAs) differ from this deadly fat? To know this we have to understand the great discovery done by Dr. Johanna Budwig. She was Senior Expert at Federal Institute for fats and drugs in Germany. She was known as Omega-3 Lady. She was the first to highlight the benefits of "omega-3" and the evils of trans fat, which are even being "rediscovered" today; but her name remains virtually unknown to

scientists, media and the public.

In 1949, she developed Paper Chromatography to identify and study essential fatty acids (EFAs). With this technique she isolated and visualized the highly unsaturated and vital EFAs - cis Linoleic and cis Linolenic fatty acids. The cis- configuration allows de-localized electron clouds (pi-electrons) to form in the bend produced on the chain. The resulting electromagnetic force enables the EFAs to capture oxygen and repair cell membranes such that exchange channels function properly.

Budwig expresses the role of electrons as follows. Pi-electrons are extremely important to the body's overall energy exchange potential - the flow of life force. The pi-electrons in the cell membranes increase the cells ability to store and receive electrons from the sun, through resonance. According to mathematical calculation of quantum physics, the "human" possesses the highest potency of electrons from the sun, always striving toward the future against entropy. The concept of "anti-human" - the mirror image of this human being - has already been coined. Anti-human is electron-poor, directed into the past, paralyzed in his life functions also his thinking, lacks energy and strength because he is missing the electrons that are in harmony with the sun as "life-element." The trans fats lacking in pi-electrons takes you to disease and hell. Budwig always preached against use of deadly trans fats with sound scientific proof, but her suggestions were ignored.

Health Hazards of Trans Fats?

The trans fats cause chronic inflammation and dysfunction in our body on a cellular level. These have been linked to:

- **Cancer:** They interfere with enzymes your body uses to fight cancer.
- **Diabetes:** They interfere with the insulin receptors in your cell membranes.
- Decreased immune function
- They reduce the production of sex hormones.
- Obesity
- Arthritis
- **Heart Disease:** Trans fats can cause blocking of your heart arteries.
- Trans fat is also known to increase low density lipoprotein (LDL), or "bad" cholesterol, while lowering high density lipoprotein (HDL), or "good" cholesterol.

What type of foods have trans fat?

- Processed foods - Crackers, cookies, cakes, burger, pizza and other baked goods
- Snack foods like potato chips, French fries
- Confectionery

Finally FDA takes U-turn

After lot of pressure from people, FDA awakes from decade's long sleep and finally admits that Trans fat is very dangerous for human health. FDA now accepts that Trans fat do not meet their distinction of "generally recognized as safe" for human consumption. Until recently FDA had been preaching against the use of saturated fats, because it causes heart disease, diabetes and other chronic diseases.

In March 2003, Denmark became the first country to pass strict regulations on the sale of foods containing Trans fats. No more than two per cent of the fats and oils in any food product can contain Trans fats. Later on, Canada and Switzerland passed similar regulations.

On Dec. 5, 2006, New York City's board of health approved a ban on Trans fats in all restaurants across the city. The ban took effect in June 2008.

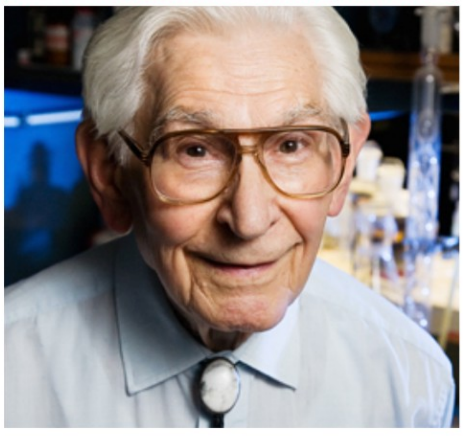
In 2013, the Food and Drug Administration began to gradually stop the use of Trans fats in all foods. It said there is no safe amount that should be in food eaten by humans. In June 2015, the FDA issued a final warning, that Trans fats are not safe for any use in human food. Trans fat must be taken out of all food production within three years. This is a great victory for all those scientists and people including Dr. Johanna Budwig (She must be smiling in the heaven) and professor Kummerow.

Interesterified fats may replace the trans fats

Now food manufacturers would find a substitute for trans fats. Most probably they may use interesterified fats. Interesterified fat is a type of oil where the fatty acids have been moved from one triglyceride molecule to another. This is generally done to modify the melting point, raise shelf life and create oil more suitable for deep frying or making margarine. Though it is also altered fat but it doesn't have trans fats. Studies show that interesterified fat is also dangerous fat and raises your blood glucose, depresses insulin production and reduces levels of good (HDL) cholesterol.

Options to Consider

If you want to avoid dangerous fats of all kinds, your best bet is to eliminate processed foods from your diet. Use butter instead of margarines and vegetable oil spreads. Use coconut oil for cooking. It is far superior to any other cooking oil and is loaded with health benefits.



No one was more pleased by the FDA's decision to eliminate trans fats from the food supply than Fred Kummerow, a University of Illinois professor who has warned about the dangers of Trans Fats for nearly six decades. He filed a petition with the FDA in 2009, citing the mounting body of evidence against trans fat.

Sour Cabbage

Professor of Probiotics

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The first and most overlooked reason that our digestive tract is crucial to our health is because 80 percent of our entire immune system is located in our digestive tract. In addition, our digestive system is the second largest part of our neurological system, called enteric nervous system or the second brain. Probiotics are live beneficial bacteria, which hold the master key for healing digestive issues, better health, stronger immune system, mental and neurological disorders. Sour cabbage is the best probiotic food (Germans call it Sauerkraut), It is produced by lacto-fermentation of the cabbage.

History of Sauerkraut

Sauerkraut originated approximately 2,000 years ago in China. It was known as suan cai, a particular type of "pickled vegetable with sour taste", made by natural fermentation of Napa cabbage or Chinese green. The earliest known history of suan cai is the laborers who built the Wall of China got their nourishment from rice and various types of fermented and pickled vegetables including suan cai.

It wasn't until 1,000 years later that Genghis Khan plundered China and brought back this recipe to Europe. The Germans gave it the name "sauerkraut", learned to make this from their native European cabbage.

It soon became a staple for seafaring men. It kept well without refrigeration and the vitamin content found in sauerkraut helped keep the ship's crews scurvy free. The famous ship captain, James Cook, once ordered 25,000 pounds of sauerkraut to outfit two ships.

In World War I and II, the slang word "kraut" was used to refer to sailors and ultimately all German soldiers because of a long history of German ships being outfitted with sauerkraut as part of daily food rations to prevent the onset of scurvy.

The Science behind Sauerkraut Lacto-Fermentation

Lacto-fermentation is an anaerobic oxidation of carbs present in cabbage, brought about by the Lactobacilli bacteria (lactic acid-producing bacteria LABs). These Lactobacilli reduce the pH, making the environment acidic and unsuitable for the growth of unwanted bacteria. The goal of making sauerkraut is to provide the best environment for Lactobacilli to grow.

Stages of Sauerkraut Fermentation

Mrs. Usha Verma
Managing Director
Budwig Wellness

Master tips

* Keep the oxygen out
*Temperature control is very important
*Kraut should remain submerged in the brine
*Use rock salt 1-3%

Sauerkraut must go through three specific stages of fermentation.

Stage One

Leuconostoc mesenteroides initiates sauerkraut fermentation. Since Leuconostoc mesenteroides produce carbon dioxide, which effectively replaces the oxygen in the jar, making the environment oxygen-free. When lactic acids reach between .25 and .3%, Leuconostoc mesenteroides bacteria slow down and die off, but enzymes continue to function. This stage lasts between one and three days, depending on temperature.

Stage Two

Lactobacillus plantarum and Lactobacillus cucumeris continue the ferment until lactic acid level of 1.5-2% is attained. High salt and low temp inhibit these bacteria, so I hope you didn't over-salt your cabbage. This stage continues for 10-30 days, depending on temperature.

Stage Three

Lactobacillus brevis (may be Lactobacillus pentoaceticus also) finish off the ferment. When lactic acid reaches 2-2.5%, they reach their max growth and the ferment is over. This final stage lasts under a week. When no more bubbles appear in the jar, your sauerkraut is ready.

Factors affecting Lacto-fermentation

Although the process is simple, and will complete well if the right amount of salt added, there are some factors that influence how sauerkraut will turn out. These are follows:

Brine level

Bacteria that may spoil sauerkraut will have the upper hand if you have an insufficient level of brine. Too low level of brine allows the undesirable aerobic bacteria and yeasts to grow on the surface. This can cause bad-flavors and discoloration of kraut.

Oxygen

Lactobacillus plantarum, the primary bacteria responsible for Stage Two, works best without oxygen. Presence of oxygen will promote mold formation, allows pink yeasts to grow and could result in soft 'kraut.

Temperature

The ideal temperature to make a perfect sauerkraut is 18-24 degrees celcius. It's important to maintain the right temperature. In hot countries like India, it is very difficult to maintain this temperature. We have developed a desi technique for this issue. You can keep your jar in a water filled clay flowerpot. Water will remain cold in the clay pot and thus maintain the right temperature in the jar. Temperature also affects enzymes, which are destroyed once the temperature has risen to 45 degrees.

Salt

Use only iodine-free rock salt at a ratio of about 1 to 3% and mix thoroughly. Much more than this and the Lactobacilli can't thrive, less than this may promote yeast and mold formation.

pH

Since sauerkraut has a pH of 4.6 or lower, it is acidic. The acidic environment will not permit the growth of bacterial spores and thus is resistant to spoilage.

Lactobacilli thrive in an acid environment, but so can molds and yeasts. But always remember that you should keep the oxygen out in order to prevent mold and yeast formation. Yeast and mold both need an oxygen source to thrive.

How To Make Homemade Sauerkraut in a Mason Jar

What You Need?

2-3 medium heads of green cabbage (about 3 kilos), Rock salt, 1 tbsp caraway seeds (optional), Mixing bowl, Mason jar, weighing machine, Cutting board and Chef's knife

Instructions

Slice the cabbage

Peal the outer leaves of the cabbage and remove two to three leaves from the next layer, which would be needed later on. Cut the cabbage in the half and remove the core, the core is rich is nutrient so chop it well over. Then cut each half into two pieces and slice each half into thin strips. Now slice the remaining cabbage as well.

Weigh and calculate the salt

After chopping, we weigh the shredded cabbage and calculate how much rock salt is needed. Ideal quantity of the salt should be 1 to 3%. Today we have 3000 gm of cabbage; we need to calculate 1.5% of 3000 gm which is 45 gm. Then we use the scale again to weigh 45 gm of salt.

Mix the cabbage and salt

Transfer the cabbage to a large mixing bowl and sprinkle the salt over top. Begin adding the salt into the cabbage by mashing and bursing the cabbage with your hands or potato masher. Keep adding layer of salt and cabbage as you burse the shredded cabbage. It will release the water which will come to the top. Add extra water if needed. Pack the cabbage tightly in the masson jar about two third.

Keep pressing down firmly to remove all air. Wrap the fresh cabbage leaves on top to protect the shredded cabbage.

Weigh the cabbage down

Now place a plastic bag inside and fill it with RO water to add weight over the cabbage. Leave only a small (2 to 3 cm) gap between the bag and the lid. Then tie the bag in the container.

Ferment the cabbage

Your sauerkraut will be ready in 4-6 weeks depending on the room temperature, when ready sauerkraut should be refrigerated. Check it daily and press it down if the cabbage is floating above the liquid.

While it's fermenting, you may see bubbles coming through the cabbage, foam on the top, or white scum. These are all signs of a healthy, happy fermentation process. If you see any mold, skim it off immediately and make sure your cabbage is fully submerged.

Refrigerate the sauerkraut

This sauerkraut is a fermented product so it will keep for over one year if kept refrigerated.

Harsch Fermenting Crock

Harsch Fermenting Crock is the best pot to make sauerkraut. This crock has a special gutter in the rim, and a ceramic cover fits into the gutter which is filled with water thus creating the air lock. Gases (CO_2) from the fermentation can escape, but air can not enter the crock from outside. Thus creating oxygen free environment. The Harsch crock comes with a 2 piece stone that is used to weigh down and apply pressure on the cabbage.

Colon World - A Disney Land of tiny creatures

There is a huge population of bacteria, roughly ten times as the numbers of all of our human cells,colonized in our digestive system. We cannot stay alive without these wonderful friendly bacteria, here battles are fought, helpful substances, vitamins are produced, and the immune system is strengthened. The following actions are taken place here:

- Vitamins are manufactured and minerals are absorbed into the blood
- Friendly bacteria kill the disease causing bacteria, such as Salmonella
- Friendly bacteria reduce the levels of some toxins, such as ammonia
- Short-chain fatty acids (the wonderful fats) are manufactured, most of which are absorbed into the blood, but some are used as food for the cells of the colon. The short-chain fatty acids recently gathered lot of attention among the scientists. It is difficult to get these fats in our food, so the body relies on the process going on in Colon World to make these fats for us. They are important in keeping the cells of the colon healthy and preventing ulcerative colitis, colon cancer, and diverticular disease. They may also help regulate cholesterol and insulin response.

Benefits of Sauerkraut

- **Professor of Probiotics** - Sauerkraut is teeming with beneficial lactobacillus bacteria - more than is in live yoghurt - which increase the healthy flora in the intestinal tract.
- **Processor of nutrients** - Glucosinolates, sulfur, iodine etc.
- **Producer of vitamins** - Vitamin C, B group vitamins
- Anti-bacterial, anti-viral, anti-inflammatory, reduces free radicals, boosts immunity, reduces cholesterol, improves blood flow, repairs damaged cells, low in calorie
- **Promoter of digestion** - Rich in fiber, promotes digestion, relieves constipation. It contains the antiulcer factor vitamin U thus helps with gastric ulcers,
- **Protector of health** - Acts as detoxifier, benefits nervous system, helps endocrine system, boosts energy, relieves painfully engorged breasts during breast feeding
- **Terminator of cancer** - It contains natural isothiocyanate compounds (such as sulforaphane), which have cancer-fighting properties. Dr. Budwig advised her cancer patients to drink a glass of Sauerkraut juice every morning.

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Universal Health of India

Transforming Healthcare

Nutritional Management of Celiac Disease

Homeopathy for Anxiety in Children

A Bite of Good Health with Dr. Shiv Goutam

Female HAIR LOSS

Causes of Low Sexual Desire in Women

BEST WAYS TO FIGHT TEEN CELL PHONE ADDICTION

Stress Management

A SOOTHING ANECDOTE TO MENTAL AND EMOTIONAL ANXIETY

Nigella Sativa or Black Seed

Cures Every Disease Except Death

Nigella sativa or Black Seed is an annual flowering plant, native to southwest Asia, eastern coastal countries of Mediterranean region and North Africa. The Nigella seeds look like onion seeds, have a rough black surface and oily white interior. Black seed has a peculiar aromatic and pungent smell, while onion seeds don't have this smell. The word Nigella is derived from Latin word Niger. The seed is used as a spice, medicine, cosmetic and flavoring agent.

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Common Names

In English, Nigella sativa is called fennel flower, nutmeg flower, Love-in-mist, black caraway, Roman coriander, black cumin. Other names used, are onion seed and black sesame, both of which are similar-looking, but unrelated. It is called Krishna Jeera in Sanskrit, kalongi in Urdu, Kala Jeero in Bengali, Karum seeragam in Tamil, Nallajeelakarra in Telugu, Karinjirakam in Malayalam, çörek otu in Turkey, habbat al-barakah (seed of blessing) in Egypt, Habbet al-sauda in Arabic, siyâh dâne in Persia, Shuniz in Iran, and chernushka in Russian.

History of Black Seed

Nigella Sativa has been used for a variety of medical problems for several thousand years. It was first discovered in Tutankhamen's tomb of Egypt, implying that it was entombed with a king to assist him in the afterlife.

Prophet Muhammad's statement, "Black seed is a cure for every disease except death" is like the statement of Allah. Cleopatra, the Beautiful and mysterious queen of Egypt had been using black seed oil in her cosmetics.

Nutritional Power House

The Black Seed contains 40% fixed oils and 1.4% volatile oils. The most effective compounds are thymoquinone, dithymoquinone, thymohydroquinone and thymol. These are powerful Anti-bacterial and Anti-viral agents. TQ is the best anti-fungal against dermatophytes and yeasts, and thymol against mold.

Black Seed is high in 15 essential amino acids, protein, carbohydrates, essential fatty acids, vitamins A, B1, B2, C and niacin as well as calcium, potassium and iron. It also contains sterols, especially beta-sitosterol, which has anti-carcinogenic properties. Black Seed has a number of useful properties such as :

- Analgesic (pain-killing)
- Anti-bacterial
- Anti-ulcer
- Anti-inflammatory
- Antihistamine
- Anti-cholinergic
- Anti-fungal
- Anti-bacterial
- Antiviral
- Bronchodilator
- Renoprotective (kidney protecting)
- Anti-cancer
- Antioxidant
- Tumor necrosis factor alpha inhibitor
- Interferon inducer
- Leukotriene antagonist
- Antihypertensive
- Antispasmodic
- Gluconeogenesis inhibitor (anti-diabetic)
- Hepatoprotective (liver protecting)
- Hypotensive
- Insulin sensitizing

The benefits and uses of the Black Seed

Backache & other kinds of rheumatism - Mildly heat a small amount of Black Seed Oil and then rub the rheumatic area intensely. A tsp of the oil should also be drunk three times daily.

Black Seed Oil for Pain Relief

Pain Relief - Black Seed Oil alone or with other herbs is beneficial for pain relief. The mix of vinegar (1 tsp), honey (2 tsp) and Black Seed Oil (1/2 tsp) and taken twice a day is helpful in pain management. Massage with black seeds oil helps in arthritis. Eating two pieces of dry fig along with 4 drops of Black Seed Oil is beneficial in joint pain, and backache.

Diabetes - Black seed oil causes gradual partial regeneration of pancreatic beta-cells, increases the insulin concentrations, and decreases the elevated glucose, according to the Journal of Endocrinology and Metabolism. Mix and grind a cup of whole Black Seeds, a cup of watercress or mustard seeds, half a cup of pomegranate peel, and half a cup of fumitory. Take half a tsp of the mixture together with a tsp of Black Seed Oil daily before breakfast for one month.

Diarrhea - Drinking mixture of a tsp of Black Seed Oil with a cup of yoghurt twice a day until symptoms disappear.

Asthma, Dry Cough & Bronchitis - Black seed improves lung function, reduces respiratory symptoms and wheezing. Take a tsp of Black Seed Oil in coffee twice daily and rub chest with Black Seed Oil every night and inhale its vapor in hot water.

Flu & Nasal Congestion - Placing three to four drops of Black Seed Oil in each nostril can relieve nasal congestion.

Black Seed Oil for Migraine

Nigella oil is good in the treatment of headache. To cure migraine, it is suggested to instill Black Seed Oil (one drop) in the opposite nasal area of the headache. Take Black Seed Oil half tsp twice a day is good for migraine. To relieve headache, massage with Nigella oil is effective.

Hypertension - Nigella sativa helps to lower blood pressure. Mix any drink with a tsp of Black Seed Oil and also take two cloves of garlic every morning with breakfast. Rub all the body with Nigella Oil and expose your body to sun rays for half an hour once

every three days. Repeat for one month.

Laziness and Fatigue - One tbsp of Nigella Oil with a glass of orange juice every morning for at least 10 days.

Memory Improvement - Take a tsp of Nigella Oil mixed in 100mg boiled mint for 15 days.

Parkinson's disease - Take a tsp of Black Seed Oil with a cup of tea/coffee three times daily. Thymoquinone protects neurons against synapse damage, thus, it helps in Parkinson's disease.

Black Seed Oil for Hair Problems

1. Smooth and stronger hair.
2. Baldness - Rub Nigella oil on the head twice a day to prevent baldness. Take a mixture of one cup coffee along with Nigella oil (1/2 spoon) twice a day.
3. Premature falling of hair - Rub your hair with lime juice, leave it for 15 minutes, then wash it with shampoo and use Nigella oil when hair gets dry for one week.
4. Dandruff - Heat the mix of Black Seed Oil (10 grams), Coconut oil (30 grams) and Mehandi powder (30 grams) for few minutes till it converted into paste. Apply the paste over your head and wash.

Black Seed Oil for Beauty

Rub the mixture of olive oil (1 tsp) and Black Seed Oil (1/2 tsp) on the face, leave it for an hour and wash. Continue for a week. This is the best beauty tips for face. Take a cup of orange juice and mix Black Seed Oil (1/2 tsp) twice a day. It is beneficial against pimples, red spots and blackheads. You see results after 4 weeks. Take the mix of honey (2 tsp) + Black Seed Oil (1/2 tsp) + coconut oil (1/2 tsp). Use it twice a day for one month. You will get smooth skin.

Sexual Impotency - Mix 200g of ground Black Seeds with Olive Oil & 100g of ground Frankincense & 50g of Black Seed Oil & 50g of olive oil & 100g of pure honey. Mix thoroughly and take a tablespoon after every meal.

Sleeping Disorder - A tablespoon of Black Seed Oil mixed with honey in any hot drink in the evening.

Black Seed Oil for Dental Problems

To get relief from painful tooth and

soreness, Black Seed Oil can be rubbed over the affected part.
It is an excellent herb for Dental problems such as premature fall of teeth, teeth weakening, bleeding from teeth, bad smell, etc. it is advisable to take the mix of Black Seed Oil (1/2 tsp) and 1 cup of curd twice a day.

Ulcers - Mix Roasted Black Seeds with oil of orrisroot or henna plant, make an ointment and apply over the infected ulcers after washing with vinegar.

Drug addiction -Black seed helps people recover from opium dependence.

Obesity & Liver Health

Black Seed Immunity Booster

The Black Seed is an excellent herb for a strong and healthy immune system. Dr. Qaadi did extensive research in the United States and proved that the Black Seed strengthens immunity since the ratio of the T assistant lymph cells increased by an average of 72% compared to the restraining cells. Also, there was a considerable development in the activity of natural killer cells with an average of 74%.

HIV

The study, published in a famous African Journal of Medicine, tells the story of an HIV patient who went into complete remission after black seed treatment. The patient was treated with Nigella sativa for six months, after which there was no detectable HIV virus or antibodies in his blood. Further, the HIV stayed gone.

Black Seed Cures Cancer

Nigella sativa is an incredibly powerful and natural cancer cure. It is the best of the best and wipe out cancer cells very quickly in every type of cancer. There are tons and tons of information and in depth research results on the remarkable benefits of Nigella sativa on cancer particularly colon, brain, bone, blood, cervical, prostate, breast and pancreatic cancers.

A recent study, at the Kimmel Cancer Centre, Jefferson was able to prove beyond a doubt that black seed destroys pancreatic tumor cells at a rapid rate with an astonishing 80 percent success rate! Further research at South Carolina found that black seed increased the growth rate of bone marrow cells by 250 percent and also inhibited the growth rate of all tumors by a minimum 50 percent!

Black seed works to fend off cancer through a variety of mechanisms: Anti-proliferation, Apoptosis, Cell cycle arrest, Reactive oxygen species generation and Anti-angiogenesis.

Black cumin expert, Maria Hurairah recommends 3 tsp of oil a day or 2 tsp of oil + 1 tsp of seed powder mixed with raw honey or fresh juice, taken on an empty stomach one hour before a meal. Increase the dose after 2-3 weeks if desired. This is the basic plan, however, to thoroughly target cancer olive leaf, luffah leaves and energizing honey is also used along with healthy diet.

Technically, a coffee enema may be described as a retention enema. The procedure is to retain the coffee mixture for approx. 15 minutes, necessary for its proper absorption and effects. This is really quite simple, very safe when done properly, highly effective, able to be done in the privacy of your home.

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History and Background

"Coffee enemas have long been in use. Pacific Medical and Surgical Journal in December 1866, described successful use of a coffee enema to treat a child dying from an accidental poisoning by M.A. Cachot, MD. Dr. W.J. Mayo, one of the founders of the Mayo Clinic, mentioned coffee enemas as a routine part of care for patients after abdominal surgery in the early 1900s. Until about 1984, the coffee enema was listed in the famous Merck Manual, a handbook for physicians that is used throughout the world.

Never has mother earth been as polluted as it is today. The levels of some toxic metals are over a thousand times greater than ever before in history. These metals include lead, mercury, cadmium, arsenic, aluminum and nickel. Pesticides and herbicides are found in our water supplies and in many foods. The cumulative and combined effects of this toxic terror on our bodies has not been studied sufficiently, at all.

According the United States Environmental Protection Agency, toxic chemicals and toxic metals constitute a great threat to our health. The coffee enema is a powerful method to help with this problem.

Dr. Max Gerson, MD (1881-1959)

The man who popularized coffee enemas more than any other in modern times was Max Gerson, MD, author of A Cancer Therapy - Results of 50 Cases (1958). Dr. Gerson pioneered nutritional therapy for cancer and other diseases with excellent results. His therapy combined coffee enemas with a special diet, juices and a few other nutritional supplements. The enemas were an integral part of the therapy.

He found that to heal his patients of cancer, he had to stop their pain medication, as it damaged their already weak livers. Coffee enemas, up to 6 per day, would stop the pain without a need for drugs.

The enemas also enabled the body to absorb and digest tumor tissue and eliminate it safely, an important stumbling block in natural cancer therapies. Today, Dr. Gerson's method is offered at several clinics, most of which are in Mexico.

In this enema 2 to 3 cups of coffee is pushed into rectum, but coffee only reaches up to sigmoid colon. There is no loss of minerals and electrolytes in Coffee Enema, because their absorption occurs well before sigmoid colon. Coffee enema is even safe for those who are allergic to coffee because it is not absorbed into the systemic circulation. You may take this enema daily or ask your naturopath.

Health Benefits

Coffee enema has the following benefits.

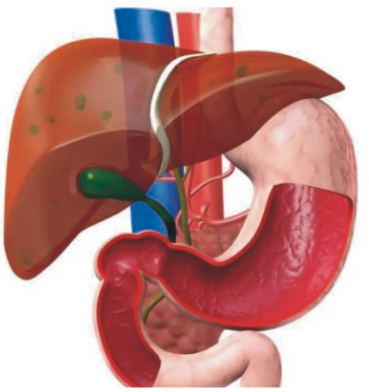
- Powerful and Natural Pain Reliever
- Cleansing - Coffee also acts as an astringent in the large intestine, helping clean the colon walls and help eliminate many parasites.
- Toxin Elimination - The major benefit of the coffee enema is elimination of toxins through the liver. Caffeine, theophylline and the obromine dilate the blood vessels and bile ducts, stimulate the liver to discharge more bile and boost the detoxifying process into a high gear and heal inflammation. Indeed, endoscopic studies confirm they increase bile output.
- Stimulates Liver - Kahweol and cafestol palmitate found in coffee promote the activity of a key enzyme system called glutathione S-transferase. This is an important mechanism in the detoxification of carcinogens, as the enzyme group is responsible for neutralizing free radicals. Coffee enema stimulates the activity of this system by 600-700%.
- Increase mental clarity, improve energy levels, increase joy and happiness, improve digestion, and reduce anger.

Coffee Enema Procedure

- This enema is retained for 12-14 minutes, during this time blood circulates in liver three times and blood is purified. Coffee enema can be given several times a day, few patients take up to six times a day. Normally if pain is not

relieved it may be taken more than one time. You should relax while taking enema; you may listen to music or read newspaper while relaxing. The best time for coffee enema is either early morning after you passed motion or during the day time.

- Grind 2-3 Tbsp organic coffee beans. It is roughly 20-25 grams. Put 800-1000 ml of filtered water in a steal pan and bring it to boil. Dose is 2-5 Tbsp coffee powder. Let it continue to simmer for thirteen minutes and then turn off the burner. Allow it to cool down to a very comfortable, tepid temperature. Test it with your finger. It should be the same temperature as your body's temperature. Filter the coffee with fine mesh steal sieve into a jug.
- Pour approx. two to three cups of coffee into the enema pot. Be sure the plastic hose is clamped tightly closed. Now open the clamp and grasp the tubing. Place the enema tip in the sink. Hold up the enema bucket above the tip until the coffee begins to flow out. As soon as it starts flowing, quickly close the clamp. This expels any air in the tube.
- Lubricate the enema tip with a small amount of coconut oil or KY jelly. Create a comfortable and relaxing atmosphere. After a few days you will thoroughly enjoy this ritual.
- Light a candle, play some light music and most importantly, make sure you are comfortable and warm. We recommend placing a pillow with a washable cover under your head and lying down on a old towel.
- The position preferred is lying on your back on the floor. With the clamp closed hang the pot about 3 feet above your belly. We like to hang the enema pot on a drip stand.
- Insert the tip gently into anus and open the clamp slowly. You should relax and breathe. The coffee may take a few seconds to begin flowing. If you develop a cramp, close the hose clamp, turn from side to side and take a few deep breaths. The cramp will usually pass quickly.
- When all the liquid is inside, close the clamp and remove it slowly. Retain the enema for 12-14 minutes. You may remain lying on the floor.
- After 14 minutes or so, go to the toilet and empty your gut. Take your time. Wash the enema pot and tube thoroughly with soap and water.
- Take more potassium in the form of fruits and vegetable juices if you take coffee enemas regularly



Universal
Health of India
Transforming Healthcare

Cell phone is killing you

Let us unite to convince policy makers to adopt strict radiation norms to protect people and mother earth

Prof. Girish Kumar

Not very long ago, cell phone was a luxury of elite people, but today, it has become a necessary tool for connecting people and reaching even the bottom of the society. Today it is hard to imagine our life without a cell phone. There are 7.4 billion subscribers worldwide and 1.053 billion subscribers in India as on August 31, 2016. Wherever you look, people are holding cell phones in their hands or pockets, just as Lord Krishna used to wear Sudarshan Chakra on his index finger. Mukesh Ambani played a great role in spreading the Cell phone revolution in India. His slogan "Carlo dunia mutthi mein" was very popular and made him the richest man of India. Recently, he launched the much-awaited Reliance Jio 4G services and called it an effort to fulfill the Digital India dream of Prime Minister Narendra Modi.

CELL PHONE a FRIEND or FOE

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History

Motorola was the first company to introduce a handheld cell phone. On April 3, 1973, Martin Cooper (December 26, 1928, in Chicago, Illinois, USA), researcher and executive at Motorola, stood on Manhattan street and placed the world's first call from a cell phone to Dr. Joel S. Engel of Bell Labs. The phone used by Cooper weighed 1.1 kg and measured 23x13x4.45 cm and offered a talk time of just 30 minutes and took 10 hours to re-charge. He is Founder & CEO of Array Comm and Dyna LLC. Motorola Company launched the first cell phone services in the US in 1983. While India's first cell phone service was launched by Modi Telstra Mobilenet Company in West Bengal, on July 31, 1995 and was inaugurated by the Chief Minister. The costliest smart phone available today is Apple iPhone FALCON Super Nova with 18 karat gold casing with a huge diamond on the back. It costs $110.5 Million, which is around Rs. 681 crores.

The Risk of Cell Phones

Cell phones transmit electromagnetic radiation in the microwave range (450-2100 MHz). Microwaves are electromagnetic or radio waves, travel at the speed of light. Their frequency is usually 1900 MHz, that means they oscillate at millions to billions cycles per second. Cell phone converts the sound waves into smaller packets, load over microwaves and transmit from one place to another. Microwaves act as a transport system for the sound waves. The Journal of Cellular Biochemistry reports that these waves cause cancer and other diseases by interfering with cellular DNA and its repair mechanisms, promotes rapid cell aging. Washington University Professor Dr. Henry Lai proved that brain cells are clearly damaged by microwave levels far below the "safety" guidelines.

Several decades ago, many scientists speculated that the microwaves may cause cancer. During the Cold War, the Soviets irradiated the U.S. Embassy in Moscow, with low level microwave radiation. Two successive ambassadors developed leukemia. Other staffs also developed cancer, or their blood showed DNA damage, which precedes cancer.

General Disorder

Thermal effects of radiation from cell phone can affect the body. Some non-thermal effects such as scalp irritation, rashes, fatigue, insomnia, dizziness, tingling, loss of response time, loss of concentration, headache, decreased sense of smell, digestive disturbances, stimulate asthma by producing histamine in mast cells, increased heartbeat, joint pain, muscle stiffness and tremors in the limbs, etc. are also possible. Severe problems include miscarriages, irreversible infertility, and irregular heart beat. Heavy cell phone users often complain of "ringxiety", a new term which means 'the false sensation that your phone is ringing or vibrating.

Children And Teens More Vulnerable

Children are at a greater risk of catching diseases from the excess usage of cell phones, because their skull is comparatively thin, brain is soft and developing myelin is open. Uncontrolled cell phone usage in children is a major risk of procuring brain damage, loss in hearing and vision, memory loss, mood and behavior disorders. Some European countries have issued strict instructions to the parents to keep their children away from cell phones.

We have started using mobile phones later in life, but these days children right from the age of 10 and 12 want a mobile phone and we provide them. No one wants to use a landline anymore. What will happen after 20 and 30 years? Only time will tell. We hope that it is not a time-bomb which will explode when today's children will be 50 and 60 years old.

Car

A cell phone must greatly increase its field strength to maintain communications within the metallic cage of a car. Thus, the effect of radiation inside the car is more intense. Volkswagen of Europe has warned that cell phone usage inside a car can be "injurious to health due to the extremely high electromagnetic fields generated."

Brain And Cancer

Cell phones inflict damage to the nerves of the scalp. It opens the blood-brain barrier, so that viruses and toxins can enter the brain. EM waves emitted by cell phones decrease melatonin levels. The melatonin is a powerful anti-oxidant, anti-depressant, immunity booster and regulates our biological clock. It also prevents cancer, Alzheimer's and Parkinson's disease.

Microwaves cause intracellular free-radical buildup, genetic damage and disruption of DNA repair process. Cells pay more attention for protection rather than metabolism. Cell membranes harden, keeping nutrients out and waste products in. Waste accumulating inside the cells creates free radicals, leading to both disruption of DNA repair and cellular dysfunction. This is the mechanism that contributes to cancer.

EM radiation causes Acostic neuroma, Glioma, Meningioma, brain lymphoma, and Neuroepithelial tumor. After 1975, incidence of brain cancer in the US has increased by 25%. In 2001, 185,000 people in the US suffered from brain cancer. Brain cancer is usually fatal, grows very fast, and the patient dies within 6-12 months.

India's situation is even worse. In Jaipur, Sanjay Kasliwal, a jeweler, has been living in C-Scheme with his family since the 1970s. In 2010, he was diagnosed with brain Cancer. He rushed to U.S.A. for treatment. After just 3 months, his brother Pramod was also suffered with brain cancer. "His doctor enquired about our surroundings. When we told him there are three cell phone towers within 20 meters of our house, he cautioned us," says Kasliwal. Around the same time, his dog fell victim to cancer.

George Carlo, PhD, JD
Former Chairman of The CTIA Wireless Technology Reserach Program (WTR)
Has served as an advisor to :
the US Congress, World Halth Organization,
national Institutes of Health, Food and Drug Administration, Environmental Protection Agency, Centers for Disease Control, and Agency fo Toxic Substances and Disease Registry

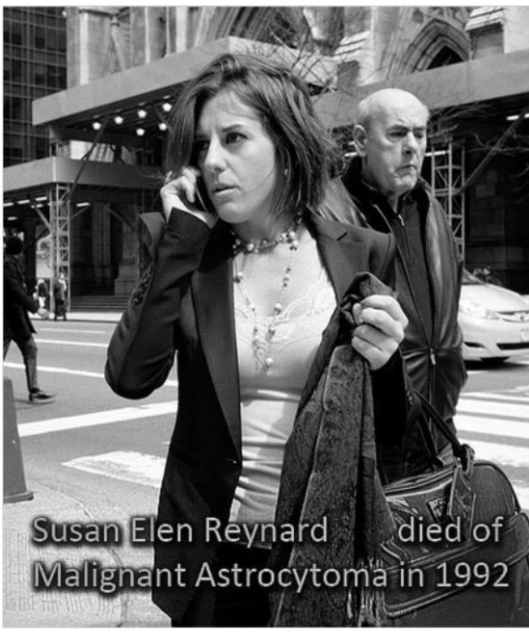
Dr. Carlo Heads Cell phone Research

Originally, cell phone was developed for the Department of Defense. This device was never tested for safety and entered the market due to a regulatory loophole. Questions about cell phone safety arose in the early 1990s, when Florida businessman David Reynard filed a lawsuit against cell phone manufacturer NEC. Reynard's wife, Susan, died of a brain cancer due to cell phones use. Reynard revealed the suit to the public on the Larry King Live show, complete with dramatic x-rays showing the tumor close to where Susan held her cell phone to her head for hours each day.

The next day, telecommunications shares collapsed. The Telecommunications Industry Association (TIA) went into crisis mode, claiming thousands of studies proved cell phones were safe and the government had approved cell phones. The media demanded to see the studies. To address the questions of cell phone safety, the cell phone industry set up a research project, the Interphone study, conducted with the aim of determining whether mobile phone use increased the risk of certain tumors, namely, glioma, meningioma and acostic neuroma. The study was conducted by the International Agency for Research on Cancer (IARC) on 14000 people in thirteen different countries from 1993 to 1999. Industry promised to provide $28.5 Million.

Dr. Carlo headed the project. He said that when the research found adverse health effects such as DNA damage and cancer, industry cut the funding, attempts were made to discredit him, and toward the end of 1998, his house was mysteriously burned down.

Cell phone industry was not ready to admit that there are harmful effects just like cigarette industry. People have to unite to convince policy makers to adopt strict radiation norms to protect people, birds, animals, plants and our mother earth.



Ways To Reduce Cell Phone Radiation

1. When talking on cell phone, safest bet is speaker phone mode or wired headset. Air tube headset is much better. Use cell phone for shorter duration, keep it away from children and pregnant women. Never sleep with a cell phone under the pillow, because cell phones pump out electro-polution all night long.
2. Do not keep your cell phones in your hands or pockets for long.
3. Try to use your phone when you have the maximum number of bars, indicating the best reception. When signal quality is poor, your phone emits more radiation.
4. Try not to use your cell phone in elevators, cars, trains or planes. Cell phones emit more radiation, in enclosed metal spaces.
5. Text or whatsapp instead of calling whenever possible.
6. When you are at home or office, keep cell phone away from you and use a wired landline. Cordless phones also emit same radiation.
7. If you have a wireless modem, keep it in a little-used room and out of the bedroom (or turn it off at night). Strive to keep your bedroom as free of electronic radiation as possible. Unplug electric devices near the bed. Use a "wired-only" modem, printer, mouse and keyboard.
8. Always buy cell phone with lowest S.A.R. rating. The rate at which energy is absorbed by the human body is measured by the Specific Absorption Rate (SAR), and has units of watts per kilogram (watt/Kg). In India, maximum limit of SAR is 1.6 watt/Kg.
9. If cell phone tower is near your house, get the radiation level checked and use appropriate shielding solutions.

Flax Oil can cure Radiation sickness

I was exposed to a microwave transmission from a mobile phone tower while working on the roof of a building in 2002. Basically my head had been microwaved by electromagnetic field, causing the following symptoms:

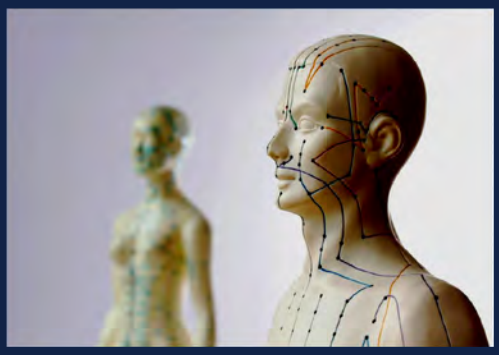
1. Constant pain & irritation
2. Head was sensitive when near mobile phones or microwaves.
3. Burning sensation in the middle of my head at night time - like a burning welding rod is inserted into my head

I couldn't find a doctor could cure my symptoms I was experiencing. By chance I discovered that victims of the Russian nuclear disaster were given flaxseed oil to drink. I was desperate and started drinking 1/4 glass of flaxseed oil to stop the constant pain. The extreme symptoms I experienced had gone. However I still get some burning irritation in my temples if I go near a microwave oven or a mobile phone.

Alex Seeley, Australia

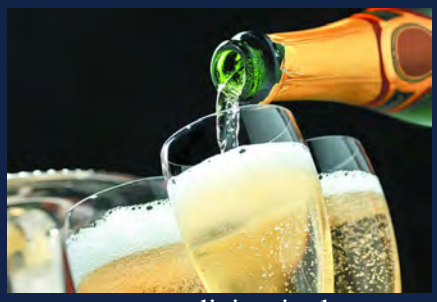
Cancer Pain Management

Natural Approaches & Medication Alternatives



Cancer pain is one of the most horrific components that have tremendous impact on the quality of life of the patient. Cancer pain is multifaceted and complex to understand and manage. Cancer pain involves a tool box full of conventional and alternative interventions but still 50-70% of cancer patients who suffer from uncontrolled pain and they fear pain more than death. Aggressive surgeries, radiotherapy and chemotherapy focus more on prolonging the survival of the patient failing to realize that the quality of life also matters equally.

Dr. Budwig warned against “many painkillers” as interfering with her oxygenating and healing protocol. She told about her approach on pain: “As a matter of fact, the practical application of the oils both on the inside (via flax oil/cottage cheese) and on the outside (via Eldi oils developed by her) allows to largely eliminate all narcotic analgesics.” And she comments in her book "Das Fettsyndrom" (The Fat Syndrome) on the use of sparkling wine for overcoming pain and sleeplessness: "Often a glass of wine is more valuable and bio-logically more beneficial than the pill."



I like to draw your attention here to the strong warning against the use of morphine, stated by Dr. Ryke Geerd Hamer: “Dr. Hamer says that one of the most tragic things about present medicine is that most people with cancer, even with mild pain, are treated with morphine in some form. Morphine changes the brain, paralyzes the intestines and completely disables the restoration functions. He becomes lethargic and doesn't realize that he's in fact being killed. The pain of the second stage is actually a very good sign of recovery, but modern medicine doesn't understand this at all, and instead interprets it as the opposite; a sign of impending death. These substances are thus administered in order to ‘make the end easier’, and sure enough, the person soon dies, but it's not of the cancer; it's of the medication.”

Alternative cancer treatments

Items written in **CAPITALS** are more significant.

Foods for managing & healing cancer pain

- **Flaxseed oil** mixed with quark or cottage cheese (Oil Protein Muesli)
- **Eldi oils** (developed by Dr. Johanna Budwig)
- A glass of organic sparkling **wine or champagne with linomel.**

- **KOMBUCHA** is a lightly effervescent fermented drink of sweetened black tea that is used as a functional food. It is produced by fermenting the tea using a symbiotic colony of bacteria and yeast, or "SCOBY". Kombucha contains over 50 different kinds of probiotics, enzymes, amino acids and vitamins. Kombucha is typically produced by placing a culture in a sweetened tea, as sugar is necessary for fermentation. A kombucha scoby (also known as a starter culture, mother etc.) is a necessary component if you wish to make kombucha tea.

- **Cherries**

  Cherries can help adults maintain an active lifestyle by relieving pain and inflammation. By averting cancer and protecting the nervous system, a diet containing tart cherries may help ensure a future, free from debilitating illness. Both sweet and tart cherries are a good source of fiber, vitamin C and potassium. Tart cherries, but not sweet cherries or tart cherry juice, are also an excellent source of vitamin A. Cherries (250 Gm a day) gives miracle results in gout. Cherries contain a variety of photochemical contributing both color and antioxidant activity.

  - The fruit's dark red color comes from their high content of anthocyanins, which are antioxidants. Strong evidence from several studies has revealed that cherry's anthocyanins offer powerful relief against inflammation and pain.
  - Hydroxycinnamic acid and perillyl alcohol, a phytochemical from the monoterpene family, provide great antioxidant power to cherries.
  - **Preventing and Fighting Cancer -** In addition to providing welcome relief from inflammation, antioxidant-rich tart cherries also hold a lot of promise in protecting against cancer.
  - **Supporting Melatonin Levels and Brain Health -** Tart cherries are one of the few food sources of melatonin, a chemical released in the body by the pineal gland that is intimately connected with circadian rhythms, or the regulation of the sleep-wake cycle. Melatonin also acts as a powerful antioxidant, providing neuroprotective and immune-modulating effects

- **Tempeh & FERMENTED SOY products -** reduces inflammation
- **Sour-cabbage**
- **Apple cider vinegar & honey**
  - One glass of cool water
  - One cup full of apple cider vinegar
  - One Tbsp of organic honey

  Stir well and sip slowly.

- **Nutritional yeast flakes (Nerve Food):** pain stemming from neuritis (inflammation of a nerve) may respond quickly to nutritional yeast, a rich source of B vitamins.

Herbs & supplements (organic or wild-crafted)

- **ESSIAC Tea**
- **ALOE VERA**
- **Maria Treben's herbs** - Sutherlandia frutescens is a southern African plant with a long history of traditional medicinal use. It is also known as balloon pea, cancer bush, Colutea frutescens and Lessertia frutescens

- **SUTHERLANDIA, SELENIUM and zinc** - no dietary and lifestyle change applied
  - Both pain AND the tumor vanished thanks to the above combination
- Medicinal hemp/cannabis oil
- NONI JUICE
- Mushrooms: MAITAKE (effective in 83% of patients), CORDYCEPS, shiitake & reishi
- DL-PHENYLALANINE (an amino acid) DL-phenylalanine showed to be effective enough to even alleviate the pain often associated with late-stage cancer. DL-phenylalanine works by blocking those enzymes that would otherwise break down the body's own pain-killing compounds.
- **Tian Xian** Liquid and pill is a well-researched Chinese herbal preparation which has apparently shown many cancer-healing benefits by strengthening the immune system and enhancing various bodily functions. Used topically it is a pain reliever.

- PURPLE CONE FLOWER (Echinacea)
- LOBELIA
- Angelica
- Pau d'Arco Tea
- Goldenseal root poultices
- Echinacea (anti-bacterial, anti-viral, anti-parasitic and stimulate lymph flow, to combat infections and to be an excellent herb to stimulate lymph flow.
- **Mistletoe (e.g. Iscador)** - Use only under medical supervision Mistletoe is extracted from the European mistletoe, Viscum album and prepared under strict pharmaceutical conditions. Used in cancer therapy for over 90 years, mostly in Central Europe.

Mistletoe therapy integrates with conventional cancer therapy for a wide range of cancers
Mistletoe therapy can be given by mouth, by subcutaneous or intravenous injection, and intratumor. Mistletoe extracts have been shown to:

  - Stimulate the immune system
  - Cause cancer cell death
  - Protect healthy cells against harmful effects of radiation and chemo
- Chaparral
- Turmeric/Curcumin, burdock, ginger - Pain caused by inflammation
- Boswellia Serrata (Shallaki), white willow bark, ginger, green-lipped mussel extract: these anti-inflammatory herbs work against pain triggered by inflammation, inhibit pro-inflammatory mediators, particularly leukotrienes.
- Bromelain/Pineapple
- Oregano Oil (According to Cass Ingram oregano oil can have the same effect on the body as **morphine**)
- SINUSBUSTER (a nasal spray)
- Hot chili pepper powder in water
- AMYGDALIN/LAETRILE/Vitamin B17 found in bitter apricots

Mind-body and Energy approaches to healing cancer pain

- EFT (Emotional Freedom Technique) A do-it-yourself method of tapping with your index and middle finger tips on energy meridian points of your body to stimulate and reestablish interrupted energetic flow, facilitate various (sometimes miraculous-seeming) healings (both emotional and physical incl. cancer), erase pain and more.
- VISUALIZATION, MEDITATION, YOG NIDRA & RELAXATION TECHNIQUES Even mainstream medicine has incorporated meditation as a method for cancer patients to deal with pain issues without resorting to drugs.
- Laughter
- Prayer
- Tai chi or chi kung (aka taiji or qigong) - not only relieve the pain but lower the fever within fifteen to thirty minutes, sometimes up to two degrees.
- Foot / hand reflexology and massage
- Acupuncture and Reiki
- Bioptron light therapy
- Kinesiology and Bioptron light therapy is very successful. Kinesiology and Reiki seems to go hand in hand (energy healing) in pain management, and these modalities should be included as part of a pain management program. ...
- Biotape
- TENS (Transcutaneous Electrical Nerve Stimulation) Therapy
- Earthing (or grounding), a recent rediscovery of an ancient and apparently essential "health tool" The earth's electrons (to which we naturally connect by walking barefoot outside or "technologically" by being connected to the ground via conductive leads) have been found to effect multiple and significant physiological changes and measurable health benefits. These include better sleep, reduced

pain and chronic inflammation, thinner, less viscous blood, and a shift from sympathetic to parasympathetic dominance.

- **Papimi pulsed magnet field therapy** device (devised by the Greek mathematician and physician Panagiotis T. Pappas). Cancer researcher Lothar Hirneise reports that especially with bone pain, sometimes very quick improvement has been obtained.

Detoxification approaches to managing cancer pain

- Alkalizing one's body via fresh juicing and alkaline foods.
- Sodium bicarbonate is also strongly alkalizing.
- Coffee enemas and other detox methods - using coffee enemas to flush out the toxins of the liver has cut way back the pain medication used by cancer patients.
- Dental detox - elimination of dental infections (consult a holistic dentist)
- Castor oil packs
- Hot baths with Epsom salts
- Water drinking
- Charcoal Mix - pure charcoal and pure water and paints this on the pain site. It gives great relief.

Sodium bicarbonate as pain reliever

Sodium bicarbonate is an easily available alkalizer and has been used for many applications, including cancer treatment. Sodium Bicarbonate has attractive and potent analgesic qualities. Dr. Tullio Simoncini recommends that his cancer patients, undergoing his bicarbonate protocols usually via IV administration, take 1 tsp. of sodium bicarbonate mixed in water per day, for pain control as well as to assist in keeping an alkaline internal environment (Schmid, Healing Cancer Naturally).

Remedy for Bone pain

Bitter apricot kernels may help in the bone pains. You also need zinc (pumpkin seeds) and make sure you are getting papaya or pineapple every day. Grind the apricot seeds in the coffee grinder with the pumpkin seeds. You need one seed for every 5 kilos of body weight (Schmid, Healing Cancer Naturally).

Misc.

- **Honey packs**
- **Homeopathic remedies** - particularly Aconitum (1M or 10M dose)
- Exercise
- **MSM -** is highly recommended taking 2 to 8 grams of MSM a day, in 2-3 divided dosages, depending on gastrointestinal tolerance. It is recommended that you begin with smaller amounts and gradually increase as needed.

Secrets of Success

Smart way to success for every student

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Disclaimer: The information given in this book is presented for educational purposes only and is not intended to diagnose or prescribe for any medical or psychological condition, nor to prevent, treat, mitigate or cure cancer and the other diseases. This information is not intended to replace a one-on-one relationship with a doctor or qualified healthcare professional, but rather a sharing of knowledge and information based on research and experience.

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Table of Contents

Secrets of Success _____ *1*

Science of memory _____ *3*

Hippocampus – Memory Chip in the brain _____ *6*

Prime Minister of Memory - Alpha-Linolenic Acid ALA ___ *8*

Functions of omega-3 _____ **10**

Omega-3 increase membrane fluidity _____ **12**

Cis and Trans configuration _____ **14**

Prostaglandins - Overview _____ **16**

Omega-6 / Omega-3 Metabolic Pathways _____ **19**

Flaxseed - Omega-3 Fats _____ *23*

Omega-3 Fats- Reversing Many Aspects of Neurologic Aging 23

Omega-3 - Key Nutrient from Cradle to Grave _____ **23**

Omega-3 – Cures Cognitive Decline and Memory Disorders _ **25**

Flaxseed is called SIM CARD of Mind. _____ **26**

Choline - Foundation Stone Of Memory _____ *28*

Citicholine (CDP-Choline) _____ **31**

Vinpocetine _____ **33**

Ginkgo biloba _____ **34**

D.M.A.E. Dimethyl Amino Ethanol _____ **36**

Phosphatidylserine or "memory molecule" _____ **37**

Acetyl-L-Carnitine - excellent brain fuel _____ **38**

Pyroglutamate and Phosphatidylserine _____ **40**

Vitamin B Group - Brain Friendly _____ 42

Brain damaging foods _____ 44

Extract of my experience _____ 45

Adding flaxseed to your diet _____ 46

Secrets of Success

Normally people think that memory, intelligence or learning ability is a God gift and it is not possible to further improve or increase the brain powers. We take it for granted that it will remain as it is gifted to us by God. But the truth is just opposite. Understand that as you go to gym for workout to develop your six pack abs, feed your body with muscle building food and get sharp sculpted body shape. Friends, believe me if muscle can be built and remodeled, then why not your brain's hardware and circuit boards. If you feed your brain with proper food it needs, follow simple instructions and take advantage of neurobics or mnemonics, you can immensely increase your brain's abilities.

We have tremendous powers locked inside our brains, but we are not using them to full extent. Dr. William James, considered the father of modern psychology, pointed out that "the average human being uses only 10 percent of his mental capacity." We still have to find out how much power or secrets are hidden in our brain.

Nowadays scientists have discovered mysterious techniques and nutrients to boost our brain powers. Today I shall raise curtains from all these secrets; I shall disclose all hidden tricks and tips. Today you are going to learn how your CPU; the brain tightly packed in a bony cabinet, functions. I teach you how each component and microprocessors works and how the best insulation material can be prepared. I also disclose the right technique to sharpen your brain and to make you an intelligent and successful scholar.

Today you will learn how to crack every examination you face, solve every question, defeat every opponent and get highest possible marks. You are going to write new equation of education and success.

Friends new boundaries and horizon of success is ready to welcome you. Today we shall discuss in detail about some great

nutrients and supplements to boost your memory, learning, imagination, creativity and concentration. If you follow our suggestions and apply simple tricks you achieve a successful personality. This short e-book is going to prove a turning point in your life. Wish you luck.

Visit us at http://memboy.blogspot.in

Science of memory

Memories are the internal mental records that we maintain, which give us instant access to our personal past, complete with all of the facts that we know and the skills that we have cultivated. The following are primary stages of the human memory process.

- Encoding
- Storage
- Retrieval
- Forgetting may constitute the fourth stage of memory, although forgetting is technically a breach in memory retrieval.

During the encoding stage, information is sent to the brain, where it is dissected into its most significant composing elements. Some group of brain cells processes incoming stimuli and translates that information into a specialized neural code. In the storage stage of memory formation, the brain must retain encoded data over extended periods of time. Retrieval stage constitutes the right of entry into the infinite world of stored information, where we bring old information out of permanent memory back into working memory, which can be mentally manipulated for usage.

Science of Memory

Learning is an active process that involves sensory input to the brain, which occurs automatically, and an ability to extract meaning from sensory input by paying attention to it long enough to reach working (short-term) memory, where consideration for transfer into permanent (long-term) memory takes place.

Vision has a much longer history in the human experience than does the printed word. By exploiting this competency, students learn quickly when they can visualize the concept while

studying, by directed use of the mind's eye, where mental pictures can be developed.

Writing words in the air on an imaginary blackboard forces students not only to visualize the order of letters in a word, but to maintain visually what they have already written in working memory as they continue to write. When young learners are taught to construct diagrams that show relationships, their memory of content improves substantially.

Once the elements that make up an experience are classified according to their special patterns, each part is shunted to a different brain region for further detailed analysis. The various pieces of new information get stored in neural circuits distributed throughout the cerebral cortex. Because the elements making up a memory reside in multiple cortical areas, the stronger the network linking the associated pieces together, the more resistant to it will be to forgetting.

As the brain transacts learning events, physical changes occur both within brain circuitry and in its structure-function correlations. Memory is quite fluid, and, over time, the brain continues to revisit and reorganize stored information with each subsequent experience, reprogramming its contents through a repetitive updating procedure known as brain plasticity. This is advantageous, since improvements are made repeatedly to existing data. Prior knowledge is revised based on new input, resulting in a more accurate representation of the current world, increasing one's probability of thriving.

The relationship between learning and memory

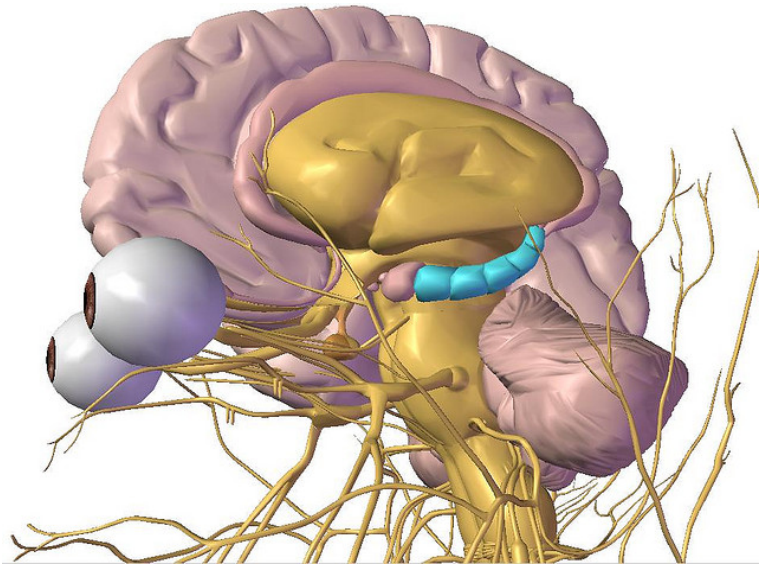
While memory cannot occur without learning, once information has been learned, our memory may allow the learning to decay. Stress and multitasking are among the chief causes of memory lapses. Memory failure most likely reflects the consequences of stress, poor nutrition and exhaustion.

Emotions

Emotions can act as an enzyme to learning. In school, mere exposure to content information (lecture, text, etc.) is no

guarantee that it will reach the personal/emotional threshold of "personal importance" to the learner, where encoding the information for permanent memory storage is deemed warranted. What students encode depends on what they are paying attention to at the time. Although we often wonder why our students forget important lesson content, the bigger problem is, was it ever encoded for memory?

Hippocampus – Memory Chip in the brain



Several connected brain regions play key roles in memory formation, including the thalamus, amygdala, hippocampus and cerebral cortex. It is the interaction of nearly all parts of the brain that allows for the construction of our memories.

The hippocampus plays a crucial role in forming and storing our memories of facts and events. Initially, short-term memories (or random access memory) are briefly stored in the hippocampus, prior to being transferred to other brain regions where they are consolidated with prior knowledge into long-term memories (Hard drive storage). While persistent stress can damage hippocampus brain cells, patterns, emotions, relevance, context, content and sense-making boost attention, memory formation and recall. Collectively, they can determine what information reaches permanent memory storage. As Stanford Erickson summarized the requisite emotional element in learning,

“Students learn what they care about and remember what they understand.”

When information is determined to have potential long-term value, the hippocampus links the significant elements of that event or experience together, forming a permanent memory. Brain-imaging studies have shown heightened activations in the hippocampus not only when we are recalling memories but also when we put the mind on “wander and wonder.” This has important implications concerning creativity and innovation, which are based on our ability to manipulate and expand on stored factual information.

Emotional experiences (both positive and negative) enjoy the highest probability of reaching permanent memory storage. It is the amygdala-hippocampus connection that fosters the development of our most memorable moments in life. In the classroom, emotions determine what students pay attention to, which impacts what students will later remember.

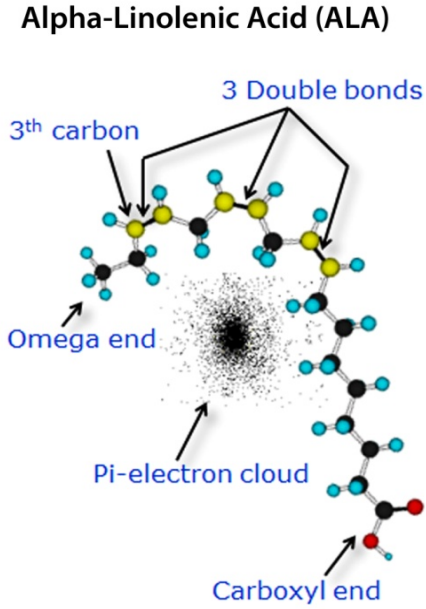
Mnemonics help

When attempting to memorize unrelated terms, mnemonics present the most practical solution. For students attempting to remember the most important neurotransmitters, the term “San Dope” works effectively.

- Serotonin 5-Hydroxytryptamine
- Acetylcholine
- Norepinephrine
- Dopamine
- Oxytocin
- Phenylethanolamine
- Epinephrine (adrenaline)

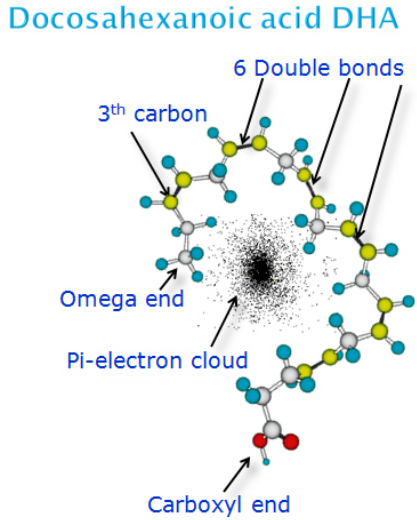
Prime Minister of Memory - Alpha-Linolenic Acid ALA

Alpha-Linolenic acid (ALA) is an essential omega-3 fatty acid found in seeds (china and flaxseed), nuts (notably walnuts). This is Prime Minister of omega-3 community. Other omega-3 fats such as DHA and EPA are grand children of ALA and nor considered essential.



- Short Formula 18:3 n-3
- That means it has a chain of 18 carbons, 3 sis double bonds and first double bond is located after 3rd carbon from omega end.
- Melting point -11 degree Celsius

Docosahexaenoic acid DHA



- Short Formula 22:6 n-3
- That means it has a chain of 22 carbons, 6 sis double bonds and first double bond is located after 3rd carbon as usual.
- Melting point -50 degree Celsius

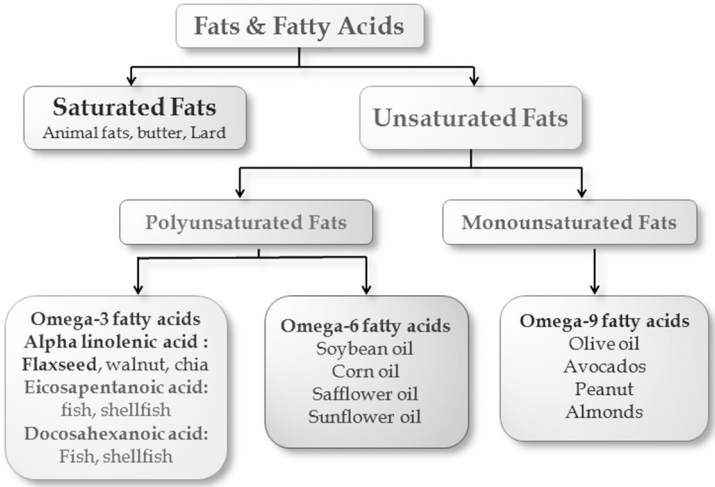
Eicosapentaenoic acid EPA

- Short Formula 20:5 n-3
- That means it has a chain of 20 carbons, 5 sis double bonds and first double bond is located after 3rd carbon as usual.
- Melting point -56 degree Celsius

Dietary source of EPA and DHA

Cold water fish and shellfish - salmon, sardines, mackerel, herring, and tuna.

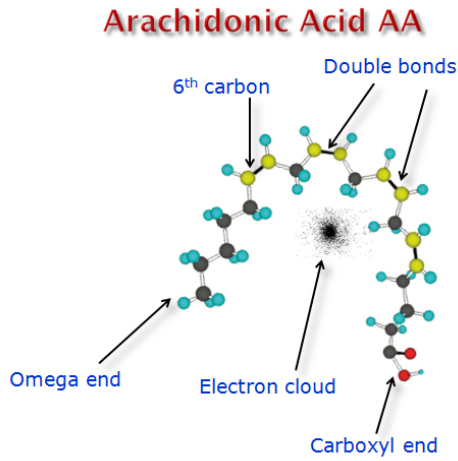
Functions of omega-3



- Anti-clotting (thrombolytic) effect – acts as Natural Aspirin.
- Lowering the risk of heart disease – heart attack (Coronary Artery Disease) and atherosclerosis.
- Lowering triglycerides in the blood.
- Lowering high blood pressure.
- Reduction in heart irregularities – Arrhythmia.
- Helping to alleviate mood disorders, such as depression. Reducing aggression
- Helping patients with attention deficit/hyperactivity disorder (ADHD), dyslexia and dyspraxia
- Helping to improve memory and learning skills, and prevent Alzheimer's disease
- Improves immunity and Alleviates allergic disorders
- Improving inflammatory skin disorders such as psoriasis and eczema.
- Alleviating osteoarthritis, gout and rheumatoid arthritis (RA).
- Alleviating Pre Menstrual Syndrome PMS.

- Alleviating Menopausal Symptoms – Hot flushes, dry vagina, mood swing.
- Improvement of vision.

Arachidonic Acid AA



- Short Formula 20:4 n-6
- That means it has a chain of 20 carbons, 4 sis double bonds and first double bond is located after 6th carbon from omega end.
- Food sources - butter, animal fats, especially pork, organ meats, eggs and seaweed.

Omega-3 increase membrane fluidity

The brain has a huge number of cell membranes which are made up of fat. The fat make up of the brain is a little different than the rest of the body - only PUFAs allowed into the healthy brain in any appreciable amount are the ALA omega 3 derived DHA (a long-chain omega 3 fatty acid) and the LA omega 6 derived arachidonic acid (AA). In addition, while AA is found in equal amounts all over the brain, DHA is found predominately in the gray matter. That's where our thinking takes place.

Let me explain a bit about the actual structure of these molecules. Saturated fats make rather tough and hard cell membranes all on their own. Their structure is pretty straight and tough, and they make cell membranes that look like this:

iiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii

PUFAs have unsaturated double bonds, which make them bend and become weaker at double bonds. Cell membrane made of PUFAs that look like this:

iiiiiiLiiiiiiiiiLiiiiiiiiLiiiiiLiiiiiiiiiiiiLiiiiiiii

You can see that the unsaturated double bonds break up the structure a bit, and Dr. Paul Jaminet call this **"increasing membrane fluidity."** Important cell membrane proteins, such as ion channels, depend on the presence of PUFAs to be incorporated correctly into the membrane. If all is well, the PUFAs serve as part of "lipid rafts" that are required for transport of protein and signals through the membranes, the formation of synapses, and maintaining the integrity of the neuronal membranes. All of these functions are dependent upon omega-3 fats and are important and vital for the brilliant functioning of our complex brains.

Dr. Paul had nicely represented the role of PUFAs in neuronal cell membranes by simple "L" and "i" drawing of the cell membrane:

Omega 3 fats - especially DHA - are unique mainly in that they don't possess any real shape. They have so many double

bonds that can twist and bend so easily, they change the shape very rapidly and under the slightest pressure fold up into tiny balls or slip out of the way. This is what makes salmon oil so slippery, especially at body temperature.

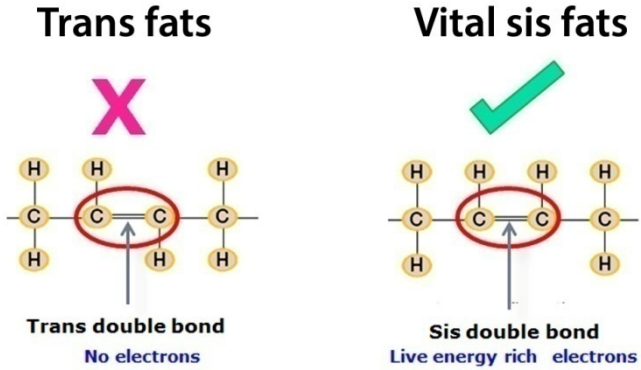
So a omega-3 rich membrane is barely a membrane at all. Rather a unique soap bubble like structure. A biological e x t r e m e. We don't even have a suitable letter in the alphabets for it; even M has only three bends. DHA has six double bonds. This is what human intelligent brain depends on.

We can make sufficient DHA from ALA omega 3 fat found in flaxseed, if we have niacin, vit B-6, vit-C, magnesium and zinc in our body. We have enough evidence that if you consume flaxseeds regularly, your body makes sufficient DHA required for a high end brain.

The omega 6 derived AA is also important in the brain - it initiates and controls the inflammatory response, which is a critical function. The ratio of omega-3 and omega-6 is also very important, most ideal being 1:4. We can also make sufficient AA from LA omega 6 found in flaxseed, if we have niacin, vit B-6, vit-C, magnesium and zinc in our body.

Cis and Trans configuration

The two carbon atoms in the chain that are bound next to either side of the double bond can occur in a cis or trans configuration.



Cis configuration

- Cis configuration means that adjacent hydrogen atoms are on the same side of the double bond.
- The cis configuration causes the chain to bend by 35 degrees and cis fatty acids are thermodynamically less stable than the trans forms.
- The cis fatty acids have lower melting points than the trans fatty acids or their saturated counterparts.
- Cis fats have live, energy rich electrons
- Sis fats are rich in live, energy rich electrons.
- Electrons are key to health and longevity. This is biggest "Anti-entropy Factor".
- Electrons are extremely important to the body's overall energy exchange potential "the flow of life force."

Trans configuration

- A trans configuration, by contrast, means that the next two hydrogen atoms are bound to opposite sides of the double bond.
- As a result, they do not cause the chain to bend, and their shape is similar to straight saturated fatty acids.
- Most fatty acids in the trans configuration (trans fats) are not found in nature and are the result of human processing (e.g., hydrogenation).

Trans Fats – The deadly fats

- Increase cancer risk factors.
- Elevate cardiovascular risk factors.
- Interfere with insulin function.
- Decrease testosterone.
- Change the fluidity of cell membranes.
- Interfere with the healing fats.
- Trans fats are “anti-human”, electron-poor, directed into the past, life functions are paralyzed, lacks energy and strength because the electrons that are in harmony with the sun as “life-element” are missing.
- Trans fat is the biggest enemy of mankind.

Prostaglandins - Overview

- Localized tissue hormones.
- They do not travel in the blood like hormones.
- Prostaglandins are potent but have a short life and are either locally active (Paracrine) or act on the same cell (Autocrine) within which they are synthesized.
- The prostaglandins perform different functions in the body.

Good and Bad Prostaglandins

Good – Anti-inflammatory

- Series 3 prostaglandins
- Series 1 prostaglandins

Bad – Pro-inflammatory

- Series 2 prostaglandins

Good Prostaglandins	Bad Prostaglandins
Decreased platelet aggregation (prevents blood clotting)	Increased platelet aggregation (helps in blood clotting)
Vasodilatation (widening of blood vessels)	Vasoconstriction (narrowing of vessels)
Anti-inflammatory effect	Pro-inflammatory effect
Immune system enhancement	Immune system suppression
Increased oxygen flow	Decreased oxygen flow
Decreased cell proliferation	Increased cell proliferation
Decreased pain	Increased pain
Widening of respiratory passages	Narrowing of respiratory passages
Increased endurance	Lowered endurance

Prostaglandins - Functions

- Cause constriction or dilatation of blood vessels.
- Cause aggregation or disaggregation of platelets.

- Sensitize spinal neurons to pain.
- Constrict smooth muscle.
- Regulate inflammatory mediation.
- Regulate movement of calcium and other minerals & nutrients in the cell.
- Control hormone regulation.
- Control cell growth.
- Regulates cellular communication.

Series 3 prostaglandins

- The Series 3 prostaglandins are formed at a slower rate and work to attenuate excessive Series 2 production. Their response is "less vigorous".
- The omega-3 pathway might therefore be likened to the "slow lane“.
- Adequate production of the Series 3 prostaglandins seems to protect against heart attack and stroke as well as certain inflammatory diseases like arthritis, lupus and asthma.

Series 1 prostaglandins

- Series 1 prostaglandins are Anti-inflammatory, Thrombolytic - Decreased platelet aggregation (blood clotting), pain reliever and control cellular activities.
- The strong anti-inflammatory properties help the body recover from injury by reducing pain, swelling and redness.

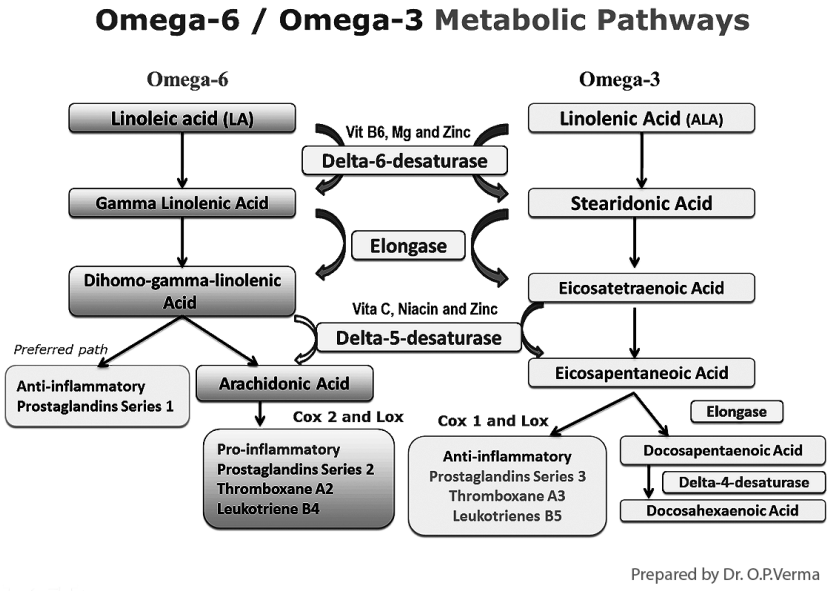
Series 2 prostaglandins

- Series 2 PG seem to be involved in swelling, inflammation, clotting and dilation.
- Series 2 prostaglandins are "fast lane" i.e. involved in intense actions and play a role in swelling and inflammation at sites of injury. This is not at all a "bad" effect, but an important protective mechanism - the body's way of immobilizing the affected site to prevent further injury and facilitate healing.

- Series 2 prostaglandins also seem to play a role in inducing birth, in regulating temperature, in lowering blood pressure, and in the regulation of platelet aggregation and clotting.

Omega-6 / Omega-3 Metabolic Pathways

Although most omega-3 and omega-6 fatty acids are generally referred to as "essential" fatty acids, only linoleic acid (LA) of the omega-6 family and alpha-linolenic acid (ALA) of the omega-3 family are truly "essential". Once we have either LA or ALA, our body has enzymes that can convert these fatty acids into all the other different types of omega-6 and omega-3 fatty acids.



It turns out that both the omega-3 and omega-6 pathway utilize the same enzymes, and both omega-6 and omega-3 fatty acids have to compete for these enzymes in order to produce their final product. Studies have reported that the enzymes used in these pathways were found to prefer the omega-3 pathway. It turns out then that in diets high in omega-3 fatty acids, most of the enzymes will be "busy" converting the omega-3 acids.

The omega-6 fatty acids, Dihommogamma-Linoleic Acid (DGLA)) in particular, can be converted to either the anti-

inflammatory PG1 or into arachidonic acid (AA), a precursor of PG2. Conversion of DGLA into PG1 does not require any enzymes, but conversion of DGLA into AA requires the enzyme delta-5 desaturase. In diets high in omega-3, most of the delta-5 desaturase will be used in the omega-3 pathway; few delta-5 desaturase will be available to convert DGLA into arachidonic acid, and subsequently, PG2. DGLA ends up being converted into the anti-inflammatory PG1 and inflammation is therefore decreased.

In a diet low in omega-3 fatty acids, large quantities of delta-5 desaturase enzymes are available to convert DGLA into AA. The available AA is then converted into the inflammatory PG2. Thus, the more omega-3 fatty acids present in our body, the fewer enzymes are available for converting omega-6 fatty acids into the inflammatory prostaglandins. A balance of omega-6 and omega-3 fatty acids is therefore essential for proper health. However, the typical Western diet has evolved to be high in omega-6 and low in omega-3 fatty acids. While omega-6 fatty acids are not necessarily bad, a skewed ratio in favor of too much omega-6 can be detrimental to one's health.

Balanced N-6/N-3 ratio – road to health, Ultra wellness & longevity

Both groups of prostaglandins perform vitally important functions and supplement each other through complex and multi-faceted interactions. For centuries ratio of Omega-6 and Omega-3 was perfect e.g. 2:1 or even 4:1 (very ideal ratio).

N-6/N-3 ratio out of balance - road to aging, disease & death

But after the global switch to industrial agriculture and processed foods it is 20:1 or more (!!!).

- This throws the body into the state of chronic inflammation, giving rise to a whole array of clot and inflammation-related chronic diseases, including thrombosis, arthritis, diabetes, atherosclerosis and coronary heart disease (CHD, cancer and asthma.
- There is only one crucial condition that must be fulfilled if the entire system is to work well and promote health, rather than disease. This condition is B A L A N C E.
- For the prostaglandin pathways to run smoothly, the intake of omega-3 and omega-6 fatty acids must be well-balanced, within the 1:2 to 4:1 range.

Risk of eating fish

- Fish is Contaminated with deadly poisons like mercury, dioxins, polychlorinated biphenyls (PCBs), and pesticide residues.
- Very high levels of mercury can damage nerves in adults and disrupt development of the brain.

Benefits of eating flaxseed

- Flaxseed has much more Omega-3 than fish. Flaxseed had Alpha-linolenic acid, which is essential fatty acid and has ability to make all other omega-3's our body needs.
- There is no risk of mercury contamination.
- Flaxseed also provides us lot of fabulous fiber, legend lignans, and magic minerals like selenium, zinc, Mg, potassium and vitamins. You get all this without killing a creature.

Flaxseed - Omega-3 Fats

Building Block of Brain and memory

Omega-3 Fats- Reversing Many Aspects of Neurologic Aging

The cardio protective power of omega-3 fatty acids has been thoroughly documented in clinical literature. Less well known is their paramount role in optimizing many facets of brain function, from depression, cognition, and memory to mental health.

Recent research has opened up a new horizon in our understanding of omega-3s' profound ability to halt age-related decline and pathology, shattering the long-held medical belief that brain shrinkage and nerve cell death is progressive and irreversible. Omega-3s have been shown to possess antidepressant and neuroprotective properties.

Omega-3 - Key Nutrient from Cradle to Grave

Approximately 8% of the brain's weight is comprised of omega-3 fatty acids—the building block for an estimated 100 billion neurons. They play a host of vital roles in neuronal structure and function, protecting them from oxidative damage, inflammation, and the cumulative destruction inflicted by other chronic insults.

Embedded in the omega-3-rich neuronal membrane are numerous proteins and complex molecules required for electrochemical transmission and signal reception. Scientists have recently shown that the precise balance of fatty acids in brain cells helps determine whether a given nerve cell will be protected against injury or inflammation, or whether it will instead succumb to the injury.

Omega-3s accumulate in the human brain during fetal development. The amount of the omega-3 has been closely tied to intelligence and cognitive performance in infancy and childhood. Early developmental deficits in brain content of omega-3s have been associated with poor brain maturation and neurocognitive dysfunction. These are manifested especially in the area of attention, increasing the risk for attention-deficit/hyperactivity disorder (ADHD) and other behavioral disturbances. Later in life, declining levels of Omega-3 fats may contribute to development of aggression, anxiety, depression, schizophrenia, dementia, and a variety of other mental health and even criminal conditions.

Scientists are having great success at reversing many of the fundamental age-related decreases in brain function correlated with omega-3 deficiency. ADHD and related conditions can be prevented or mitigated by supplementing infants and nursing mothers with Omega-3. A remarkable animal study has just revealed that omega-3 fatty acids halt the age-related loss of brain cell receptors vital to memory production, and show potential for increasing neuronal growth.

Omega-3 - A Natural Crime Cutter?

Recent findings suggest that some criminal and aggressive behaviors are closely correlated with low serum omega-3 levels, which are linked to lower levels of honesty, and self-discipline. These effects may be related to alterations in serotonin turnover, which controls impulsivity and aggression-hostility behaviors.

There is a solid data indicating that optimal omega-3 intake at all ages is a promising avenue for subduing aggression and hostility. For example, omega-3 supplementation in autistic children with severe tantrums, aggression, or self-injurious behavior produced significant improvements compared with placebo, without adverse effects. And stressed but otherwise healthy volunteers given Omega-3 Fats reported a significantly improved rate of stress reduction, suggesting an adaptogenic role for omega-3s (adaptogens help the body respond to imposed stress in a variety of ways).

In a group of drug abusers, supplementation with Omega-3 Fats 3 months produced significant decreases in anger and anxiety scores compared to placebo recipients. Similarly, in young adult prison inmates, multi-supplements featuring omega-3s produced significant reductions in antisocial, violent, aggressive, and transgressive (rule-breaking) behavior.

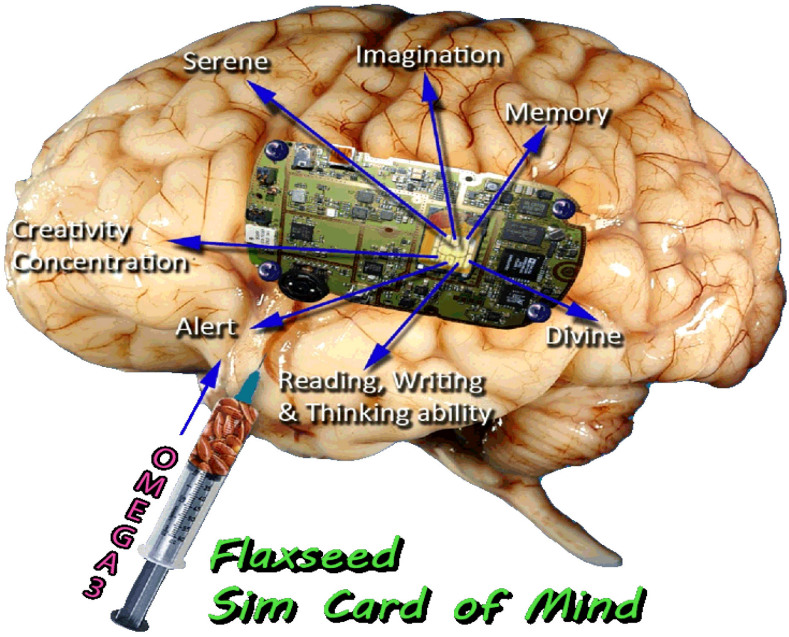
Omega-3 – Cures Cognitive Decline and Memory Disorders

Omega-3 intake is strongly associated with many different measures of cognition and memory in numerous studies, and there's compelling evidence for potent neuroprotection over long time periods. Insufficient omega-3 intake is strongly correlated with diminished adaptability of brain synapses and impaired learning and memory. People with lower omega-3 levels may be more likely to suffer from a host of cognitive impairments including dyslexia, ADHD, and cognitive decline.

Laboratory studies shed light on these observations, suggesting that omega-3 supplementation may enhance brain function through increased production of the membrane-rich neurites required for new synapse formation. Other protective and cognition-enhancing effects include improved neuronal cell membrane characteristics resulting in enhanced neurotransmission, increased synaptic release of vital neurotransmitters such as serotonin, and neuroprotection from inflammation and oxidant-related damage including those induced by antipsychotic medications.

In healthy adults, increased omega-3 intake is positively associated with greater brain volume in regions associated with emotional arousal and regulation of behavior. People who get more omega-3s have bigger, more functional brains.

Flaxseed is called SIM CARD of Mind



The Flaxseed is a feel good food, keeps your mind cool and you stay cheerful. Negative thoughts stay far away from you. You don't become angry. Your mood is always elated and positive. This is super anti depressant. Studies showed that it improves hostility and criminal behavior in early teens prisoners. Flaxseeds are essential for the function and structure of the brain, improve cognition, memory learning skill and concentration. Flaxseed is SIM CARD of mind's circuit (Mnemonic of flaxseed benefits on mind). Here SIM means Serene, Imagination & Memory and CARD denotes Creativity & Concentration, Alertness, Reading writing & thinking ability and divine. Flax has been scientifically proven to treat depression, diabetic neuropathy, ADHD, Alzheimer's disease, Parkinson's disease, multiple sclerosis and proven to improve the behavior of

Schizophrenics. Flaxseed can improve eyesight and perception of colors. Colors look bolder and vivid. Life becomes simply more colorful.

Choline - Foundation Stone Of Memory

Choline is a water soluble essential nutrient that has extreme importance for the health of cell membranes specially in nervous system. It is an essential part of every person's diet because it is the precursor for the neurotransmitter acetylcholine. This neurotransmitter is responsible for memory and muscle control. Although the body synthesizes some of the choline that it needs, the diet provides the substantial amount required for health. In the Brain Acetylcholine is the main neurotransmitter for Memory. Its Deficiency directly affects memory. Choline makes Acetylcholine in the brain with the help of Vitamin B-1, B-5, B-12 and Vitamin C. Important sources of Choline are organ meat, eggs, dry fruits, broccoli, chicken, salmon and soybean.

Choline helps memory and brain.

Researchers at Duke University Medical Center found that when they gave choline to pregnant mice their babies had intelligent, developed and much larger brain. Their intelligence, memory and ability to learn has been very good during the entire life. This proves that the choline has capacity to increase memory, learning curve and intelligence. If Choline is given to young persons in sufficient amount, their memory is increases.

In University of Florence Seaford 500 mg of choline was given to 41 people for 5 weeks. Researchers found that their intelligence, wisdom, academic proficiency and memory was increased too much. They also noted that if the choline is given with other memory-enhancing substances e.g. Pyraglutamate they get the full benefit at lesser doses. Choline is essential for construction and maintenance of nerve cell, its covering and neuro-transmitters.

At Massachusetts Institute of Technology Dr. Richard Wartmen said that medications that increase the production of the acetylcholine like piracetam should always be taken with choline otherwise whole choline is spent in the producing acetylcholine and production of nerve cells is interrupted due to this choline deficiency.

Phosphatidyl choline or PC, which is found in Lecithin can cross blood brain barrier easily. Pure choline is full of fishy smell but lecithin is odorless, so people prefer to use Lecithin. Lecithin grains and capsules are easily available at drug stores.

Types and Sources of Choline

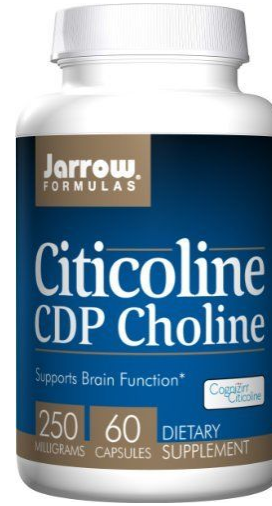
There are many types of choline that your body can utilize as a precursor for acetylcholine production. Each has varying strength and advantages / disadvantages. Understanding the interaction between each choline type can influence your diet and other decisions.

Lecithin

This source of choline is one of the most common yet least impactful. Foods like eggs and soy products are filled with lecithin. Even processed foods like chocolate have lecithin added, but choline content is low. As the weakest form of choline, lecithin may not provide enhanced cognitive abilities or prevent neuro degeneration similar to other sources. Supplementing with

lecithin typically requires higher dosages to significantly increase acetylcholine levels.

Citicholine (CDP-Choline)



CDP-choline is a more efficient source for providing the acetylcholine precursor. Alone, the CDP-choline has showed great efficacy in solving cognitive decline in elderly patients with Alzheimer's disease. The neuroprotective actions of CDP-choline, along with the ease of passing the blood-brain barrier, makes this an efficient source of choline. Improved learning and memory, along with increased noradrenaline and dopamine levels, make CDP-choline a useful / powerful supplementation for brain health.

Citicholine is converted to choline in the body. It increases levels of Dopamine and other transmitters. It is often used in the treatment of head injury and stroke because it protects brain from poor blood supply. It also increases memory and learning ability.

L-Alpha Glycerylphosphorylcholine (Alpha GPC)

The Alpha GPC form of choline is one of the most potent. It can be found in the brain and in dairy products, but is typically produced synthetically by purifying soy lecithin. Like, CDP-choline, daily supplementation of Alpha GPC need not be high. It is used to enhance memory and learning for Alzheimer's and dementia patients.

Choline Bitartrate

The choline bitartrate "choline salts" are one of the cheapest sources of choline. It is a weaker choline source than CDP-

choline or Alpha GPC, but still provides effective cognitive enhancement if dosed properly.

Dose

- Choline Chloride 500 mg/day
- Lecithin 5-10 gms (1 tbsp/day)
- Phosphatydil Choline 1-2 gms/day
- Citicholine 500-1000 mg/day

Vinpocetine

Vinpocetine is a chemical substance found in the periwinkle plant Vinca minor. People use it as medicine. Because some people think vinpocetine might improve blood flow to the brain, it is used for enhancing memory, cognetion and preventing Alzheimer's disease and other conditions that harm learning, memory, and information processing skills as people age. It is available in 5 and 10 mg tablets, average dose is 5 mg twice a day.

Ginkgo biloba

Ginkgo biloba, also known as the maidenhair tree, is one of the oldest species of trees on the planet. Ginkgo trees have very unique properties - they are capable of growing more than 130 feet and can live for over one thousand years. In fact, there are some trees in China are said to be over 2,500 years old.

Ginkgo increases concentration of mind and elevates mood. It helps in memory disorder, depression, poor circulation and thinking. The plant has a number of therapeutic properties and contains high levels of flavonoids and terpenoids; these are antioxidants that provide protection against oxidative cell damage from harmful free radicals. Ginkgo helps in production of neurotransmitters and keeps the receptor site of acetylcholine active and healthy. It simply enhances supply of oxygen and nutrients in brain. Experiments have proven that it helps in circulatory defects, memory, concentration, mood and lack of energy.

It is available in 40, 60 and 80 mg capsules. Average daily dose is 120-180 mg means 1 or 2 capsules of 60 mg may be taken twice a day. Effects of ginkgo comes in one or two months. If you do not get desired result in specified period dose may be increased to 240 mg per day. As it is a blood thinner, so

vasodilators like aspirin, heparin or coumadin are used with caution.

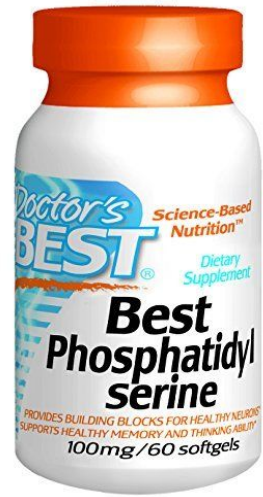
D.M.A.E. Dimethyl Amino Ethanol

Sardine is the best source of D.M.A.E. It crosses blood brain barrier and quickly enters the brain. It increases intelligence and memory in the brain.

D.M.A.E. increases production of acetylcholine in the brain, reduces stress, increases concentration and learning ability. It also enhances mood and keeps brain alert, energetic and excited.

To increase memory dose of D.M.A.E. is 100-300 mg per day, take in the morning or afternoon but not in the evening. It takes 2 to 3 weeks to get the effect. But the waiting is worth giving very good results.

Phosphatidylserine or "memory molecule"



Phosphatidylserine is also known as "memory molecule". It's literally fills spirit, energy and excitement in the brain. energy and passion that heals. It belongs to phospholipid family and is very important for immunity and the health of liver, nerves and brain.

There has been lot of research on Phosphatidylserine and researchers conclude that it is abundant in the brain and increases memory, mood, learning ability, stress-management skills and concentration. It enhances communication, coordination and collaboration between the various tissues of the brain. It is essential component of external coating of nerves and receptor sites of acetylcholine.

It is produced in our body, but this amount is not sufficient. So we have depend on external dietary sources. Its main sources are organ meat specially liver (we may get up to 50 mg per day). Vegetarian sources can hardly provide 10 mg per day. Daily dose of Phosphatidylserine is 100-300 mg a day.

The researchers found that if the diet low in DHA is given to people, then level of Phosphatidylserine becomes very low in hippocampus of brain, which is the center of memory. If Phosphatidylserine is prescribed to dementia patient, it increases memory and cognetion. This means that DHA increases Phosphatidylserine level in hippocampus and it boosts memory and cognetion too much.

Acetyl-L-Carnitine - excellent brain fuel

Acetyl-L-Carnitine is an excellent brain fuel. Its acetyl component helps in production of acetylcholine. It is a potent antioxidant. and protects brain from free-radicals and keeps the entire nervous system healthy and young.

It helps produce new cells and increases interaction between the two hemispheres of the brain, maintains dialogue and cooperation. It is more beneficial when taken with Phosphatidylserine. Its daily doses is 250-1500 mg, and should be taken 1 hour before or 1 hour after meals. It is very expensive and patients of diabetes, liver disease or kidney disease should not take this.

Glutamine - brain fuel

Glutamine is an amino acid which acts as fuel for the brain directly. Glutamine makes the brain more active and keeps you away from any addiction. It helps in production of GABA and glutamate neurotransmitters. It is memory booster. Average daily dose is 2-5 grams per day, you should take it 1 hour prior or 1 hour after meals.

Pyroglutamate and Phosphatidylserine

The transmission capacity of neurotransmitters depend upon proper functioning and active receptor sites. Two nutrients Phosphatidylserine and DHA are very important to keep receptor sites active and functioning. Pyroglutamate enhances number and sensitivity of receptor sites. And thus they boost memory, leaning curve and intelligence.

Pyroglutamate - Minister of information and broadcasting

Pyroglutamate is an amino acid which is found in brain and cerebrospinal fluid abundantly. It boosts memory and all brain powers. It is so effective that medicines derived from this family are highly effective in Alzheimer's Disease; most common symptoms are weak memory and learning disability. Piracetam - derivative of Pyroglutamate is highly researched drug and researchers conclude that it not only boosts memory and learning in patients of memory disorders but also improves memory, learning and intelligence in normal people.

Functions of Pyroglutamate

- Helps in production of acetylcholine
- Increases number of receptor sites of acetylcholine
- It increases interaction, dialogue and cooperation between the two hemispheres of the brain. And boosts memory, cognetion, learning and concentration, that means you just become more intelligent and smart
- Main source of Pyroglutamate is fish, milk, curd, butter and vegetables.

Vitamin B Group - Brain Friendly

B Group Vitamins are essential for the brain function. They increase the oxygen supply to the brain and protect from harmful free-radicals. Vitamin B group helps cells make glucose for energy, increase cognition and helps production of neurotransmitters. They are brain's best friends. Let us see how they prove this friendship.

Vitamin B1 (Thiamine)

Thiamine helps whole nervous system to remain fit and fine. It helps brain to produce glucose from carbohydrates for energy. The sources of Thiamine are milk, wheat bran, rice, lentils, chicken, fish, organ meat etc.

Vitamin B3 (Niacin)

It Improves memory. In a study people of different ages were given 141 mg of Niacin per day. people of different ages in the research. There was 10-40% increase in the memory of people of all ages.

Vitamin B-5 Pantothenic acid

It increases mental alertness and memory. It helps in production of acetylcholine. Daily dose for memory benefits is 250-500.

Vitamin B-6 (Pyridoxine)

It helps in production of neurotransmitters by converting amino acids into serotonin, a potent neurotransmitter. Deficiency of serotonin is closely related to depression and several mantel diseases. Daily dose of 20-100 mg is enough to sharpen the memory.

Vitamin B-12 (Cyanocobalamin)

Vitamin B12 improves cognetion and metabolism of fatty acids. It helps in production of Red Blood Cells and makes external insulation coating called myelin sheath of nerve and neurones. Thus Vitamin B-12 keeps our nerves healthy and active. Deficiency of Vitamin B-12 is the main cause of mental weakness, confusion and stupor in old age. Generally, the daily dose is 10-100 microgram. but in old age and certain diseases 1000 micrograms per day is usually prescribed.

Folic acid

Increases oxygen supply to the brain. The daily intake is 400 micrograms.

Brain damaging foods

Today we want to warn you that some foods are very harmful and injurious to both your mind and body, though these are very delicious, attractive, colorful and tempting. Remember these dangerous and killing food items will take you into the deep trench of disaster and trough of failure. You have to quit these if you want high class education, top salary package and success in your life. Isn't leaving a burger and coke worth it.

Alcohol and drugs will certainly damage your brain. Consumption of high "glycemic index" foods, such as bread, burgers, pizza, pasta, cakes, pastries, cookies and sweets cause heavy fluctuation in sugar levels. So the brain gets tired and irritable. Heart clogging fast food and junk food prepared with damaging refined oils reduce blood flow to the brain and is very harmful for mental health. You will avoid the following harmful foods completely.

- Trans fat and Hydrogenated fat including Refined Oil
- Liquor
- Artificial colors and preservatives
- Artificial sugars such as aspartame (Sugar Free) etc.
- Carbonated Drinks
- Sweet beverages
- Bakery products made from refined flour
- Smoking and chewing tobacco

Extract of my experience

To increase the overall metabolism of the brain, intelligence and memory, we suggest some changes in your diet. You may also take some supplements and medicines. So that you get full benefit of your hard work and you get highest marks in every examination. You will always achieve top ranks and get admission in the desired institution. The most suitable recipe of your success is as follows:

- Consume 20-30 grams of freshly ground Flaxseeds everyday to get enough omega-3 fatty acids required for your brain.
- Fish eaters may ear Omega-3 rich Salmon, Mekrel, herring, Halibut, Sardine etc.
- Eat Vitamin B complex or multivitamin tablet regularly throughout the year.
- You may take at least two supplements mentioned above. Choline is really important. But always consult your doctor before taking any supplement.

Adding flaxseed to your diet

Flaxseed adds a pleasant, nutty taste to foods. You can buy raw Flaxseed, already ground Flax meal, Flaxseed Oil, or Flax Oil Capsules. Here are some ways to use flaxseed.

Whole flaxseeds add color and crunch to foods. You can sprinkle flaxseeds on top of home baking or mix them into a dough. However, to obtain maximum health benefit from flaxseed, you should first grind the seeds because whole seeds will pass through your system undigested.

Grinding whole seeds breaks their tough outer skin, creating a light-colored powder. Milled flaxseed is sold in a vacuum packs or you can prepare it yourself in a coffee grinder. Sprinkle milled flaxseed on cereal or add it to doughs, batters, casseroles and other cooked foods.

Omega-3 enriched foods, such as yogurt and milk, may contain flaxseed oil, while flaxseed baked goods, such as breads, can include milled or whole flaxseed.

Whole flaxseeds do not break down in the digestive system. If you consume them whole, chew them thoroughly. Even then, many may not have broken down and will pass through the digestive system without being absorbed. Still, they offer the benefits of fiber by cleansing the intestinal tract. Store flaxseed meal in the refrigerator.

Be sure to drink plenty of water when consuming whole flaxseeds or the flaxseed meal because flax tends to absorb large quantities of liquid during the digestion process.

Raw is the only way to consume flax oil. Do not use flax oil for cooking. When polyunsaturated oils such as flaxseed oil are subjected to high heat, their chemical make-up is converted to unhealthful lipid peroxides.

Using flax oil

Flaxseed oil is sold in bottles. It is a sun shine in a bottle. Pour flaxseed oil on fresh salads. Flaxseed oil provides ALA but

no fiber or lignans. Flaxseed oil is also available in gel capsules and sold as a dietary supplement.

Don't use flax oil for cooking. Oils high in essential fatty acids are not good for cooking. In fact, heat can turn these healthy fats into harmful ones. Add flax oil to foods after cooking and just before serving.

Keep your flax oil in the refrigerator with the lid on tight. Minimize exposure to heat, light, and air. Flax oil taken with a meal can actually increase the nutritional value of other foods. Research shows that adding flax oil to foods rich in sulfate amino acids, such as cultured dairy products (i.e., yogurt), vegetables of the cabbage family, and animal, seafood, and soy proteins helps the essential fatty acids become incorporated into cell membranes. Mixing flax oil with yogurt helps to emulsify the oil, improving its digestion and metabolism by the body.

How much flax to eat

Like any high fiber food, flaxseed may upset your digestion if you add too much, too quickly. Healthy people should consume 8-16g (1-2 Tbsp.) of milled flaxseed as part of a balanced diet.

For individuals at risk of developing, or who have heart disease, a daily intake of 40g (5 Tbsp.) of milled flaxseed is recommended by Health Canada.

Storing Flaxseed

You can store whole flaxseed, which is clean, dry and of good quality, at room temperature for up to a year.

To keep flaxseed fresh, you should grind it when you need it. You can keep milled flaxseed refrigerated in an airtight, opaque container for up to 30 days, but it is not recommended.

My Publications

Awesome Flax: A Book by Flax Guru [Kindle Edition]

http://www.amazon.com/Awesome-Flax-Book-Guru-ebook/dp/B00PUUIR0K

Book Description

Publication Date: November 18, 2014 | Age Level: 1 - 18 | Grade Level: P - 12

Flaxseed- Miraculous Anti-ageing Divine Food

What is Flaxseed and how can it benefit me? I was faced with this question when I started hearing about Flaxseed not long ago. It became a 'buzz word' in society and seems to be making great role in increased health for many. I wanted to join that wagon of wellness and so I researched until I felt satisfied that it could help me, too. Here are my findings.

Flaxseeds are the hard, tiny seeds of Linum usitatissimum, the flax plant, which has been widely used for thousands of years as a source of food and clothing. Flaxseeds have become very popular recently, because they are a richest source of the Omega 3 essential fatty acid; also known as Alpha Linolenic Acid (ALA) and lignans. People in the new millennium may see flaxseed as an important new FOOD

SUPER STAR. In fact, there's nobody who won't benefit by adding flaxseed to his or her diet. Even Gandhi wrote: "Wherever flaxseed becomes a regular food item among the people, there will be better health."

Flaxseed contains 30-40% oil (including 36-50% alpha linolenic acid, 23-24% linoleic acid- Omega-6 fatty acids and oleic acids), mucilage (6%), protein (25%), Vitamin B group, lecithin, selenium, calcium, folate, magnesium, zinc, iron, carotene, sulfur, potassium, phosphorous, manganese, silicon, copper, nickel, molybdenum, chromium, and cobalt, vitamins A and E and all essential amino acids.

Other fatty acids, omega-6's, is abundant in vegetable oils such as corn, soybean, safflower, and sunflower oils as well as in the many processed foods made from these oils. Omega-6 fatty acids have stimulating, irritating and inflammatory effect while omega-3 fatty acids have calming and soothing effect on our body. Our bodies function best when our diets contain a well-balanced ratio of these fatty acids, meaning 1:1 to 4:1 of omega-6 and omega-3. But we typically eat 10 to 30 times more omega-6's than omega-3's, which is a prescription for trouble. This imbalance puts us at greater risk for a number of serious illnesses, including heart disease, cancer, stroke, and arthritis. As the most abundant plant source of omega-3 fatty acids, flaxseed helps restore balance and lets omega-3's do what they're best at: balancing the immune system, decreasing inflammation, and lowering some of the risk factors for heart disease.

One way that Omega 3 essential fatty acid known as Alpha Linolenic Acid ALA helps the heart is by decreasing the ability of platelets to clump together. Flax seed helps to lower high blood pressure, clears clogged coronaries, lowers high blood cholesterol, bad LDL cholesterol and triglyceride levels and raises good HDL cholesterol. It can relieve the symptoms of Diabetes Mellitus. It lowers blood sugar level. Flaxseed help fight obesity. Adding flaxseed to foods creates a feeling of satiation. Furthermore, flaxseed stokes the metabolic processes in our cells. Much like a furnace, once stoked, the cells generate more heat and burn calories.

Flaxseeds are the most abundant source of lignans. Lignans are plant-based compounds that can block estrogen activity in cells, reducing the risk of Breast, Uterus, Colon and Prostate cancers. According to the US Department of Agriculture, flaxseed contains 27 identifiable cancer preventative compounds. Lignans in flaxseeds are 200 to 800 times more than any other lignan source. Lignans are phytoestrogens, meaning that they are similar to but weaker than the estrogen that a woman's body produces naturally. Therefore, they may also help alleviate menopausal discomforts such as hot flashes and vaginal dryness. They are also antibacterial, antifungal, and antiviral.

Because they are high in dietary fiber, ground flaxseeds can help ease the passage of stools and thus relieve constipation, hemorrhoids and diverticular disease. Taken for inflammatory bowel disease, flaxseed can help to calm inflammation and repair any intestinal tract damage.

Cancer - Cause and Cure: Based on Quantum Physics developed by Dr. Johanna Budwig

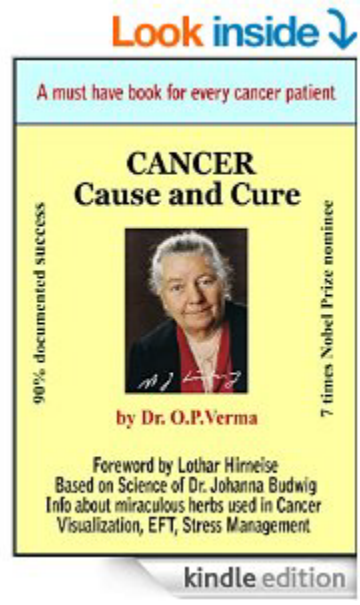
http://www.amazon.com/Cancer-Quantum-Physics-developed-Johanna-ebook/dp/B00P3Y7BYG

Book Description

Publication Date: **October 31, 2014** | Age Level: **10 - 18** | Grade Level: **7 - 12**

***** A must have book for every cancer patient *****

This book provides both an introduction of Dr. Budwig's cancer research and treatment. Johanna Budwig (1908-2003) who was nominated for the Nobel Prize seven times was one of Germany's leading scientists of the 20th Century, a biochemist and Cancer specialist with a special interest in essential fats.


Look inside
A must have book for every cancer patient
CANCER
Cause and Cure
90% documented success
7 times Nobel Prize nominee
by Dr. O.P.Verma
Foreword by Lothar Hirneise
Based on Science of Dr. Johanna Budwig
Info about miraculous herbs used in Cancer
Visualization, EFT, Stress Management
kindle edition

Otto Warburg proved that prime cause of cancer oxygen-deficiency in the cells. In absence of oxygen cells ferment glucose to produce energy, lactic acid is formed as a byproduct of fermentation. He postulated that sulfur containing protein and some unknown fat is required to attract oxygen in the cell.

In 1951 Dr. Budwig developed Paper Chromatography to identify fats. With this technique she proved that electron rich highly unsaturated Linoleic and Linolenic fatty acids were the undiscovered

mysterious decisive fats in respiratory enzyme function that Otto Warburg had been unable to find. She studied the electromagnetic function of pi-electrons of the linolenic acid in the membranes of the microstructure of protoplasm, for all nerve function, secretions, mitosis, as well as cell break-down. This immediately caused lot of excitement in the scientific community. New doors could open in Cancer research. Hydrogenated fats, including all Trans fatty acids were proved as respiratory poisons.

Then Budwig decided to have human trials and gave flaxseed oil and quark to cancer patients. After three months, the patients began to improve in health and strength, the yellow green substance in their blood began to disappear, tumors gradually receded and at the same time the nutrients began to rise. This way Dr. Budwig had found a cure for cancer. It was a great victory and first milestone in the battle against cancer. Her treatment protocol is based on the consumption of flax seed oil with low fat cottage cheese, raw organic diet, mild exercise, and the healing powers of the sun. She treated approx. 2500 cancer patients during a 50 year period with this protocol till her death with over 90% documented success.

She was nominated 7 times for Nobel Prize but with a condition that she will use chemotherapy and radiotherapy with her protocol. They did not want to collapse the 200 billion business over night. She always refused to support the damaging chemo and radio for the sake of humanity.

Lothar Hirneise is founder and President of People Against Cancer, Germany. He travels a lot in search of finding most successful alternative cancer therapies. He has been student of Dr. Johanna Budwig. He is a great researcher and writer on alternative healing. He is successfully treating thousands of cancer patients at his 3-E center in Germany. In the last few years he has interviewed several hundred final stage so-called survivors, meaning patients who were in the final stage of cancer

and who are all healthy again today. Based on his findings he proposed a 3 E Program – The Mnemonic of Cancer Treatment.

1) Eat well
2) Eliminate
3) Energy

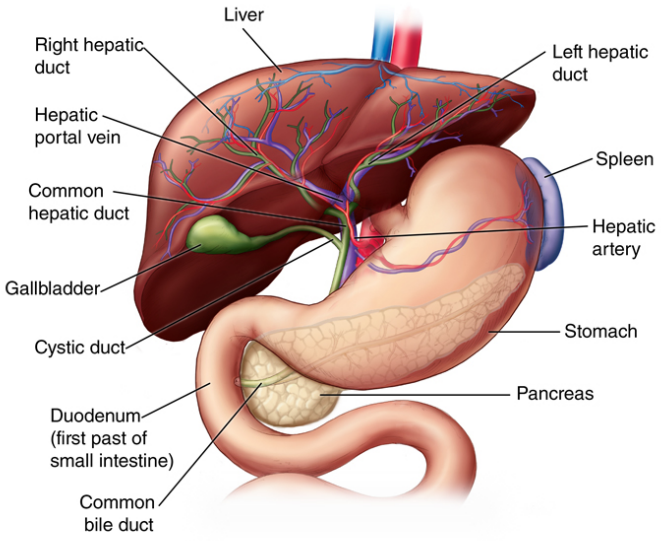
He noticed that 100% of all survivors, did the energy work. In approximately - say 80% of all patients, He found a change in diet. And in at least 60% of all patients, took intensive detoxification rituals. This is the basis of his, so much talked about 3E Program for healing cancer.

Lothar Hirneise strongly supports holistic and spiritual approach and includes Visualization, Tumor Contract, Meditation, mild Yoga, Emotional Freedom Technique EFT, Dr. Ryke Geerd Hamer's New German Medicine (Connection of unresolved stress and cancer), Detoxification techniques (Soda Bicarb bath, Epsom bath, Sauna, Colon Hydrotherapy, Coffee Enema etc.)in his so much talked about 3 E Program.

The book also, describes about rare and miraculous herbs used in the treatment of Cancer like Turmeric, Black seed, Ginger, Mistle Toe, Aloe vera, , Echinecea, Lobelia, Essiac Tea, Pau d'arco Tea, Dandelion, Milk Thistle

Liver Cleanse

This is important for any disease-prevention or detox program. Cleansing the liver of gallstones dramatically improves digestion, which is the base of your whole health. Your allergies will disappear, more with each cleanse you do. It also eliminates shoulder, upper arm, and upper back pain. You have more energy and feeling of well being.



Job of your liver is to make bile, 1 to 1½ quarts in a day. The liver is full of biliary tubing that deliver the bile to one large the common bile duct. The gallbladder is attached to the common bile duct and acts as a storage reservoir for bile. Eating fat, protein, or citric acid triggers the gallbladder to empty itself after about 20 minutes, so the stored bile goes down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is clogged with gallstones. Some develop allergies while some have no symptoms. When the gallbladder is scanned or x-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, hence not visible on scans. There are many varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The black ones are full of wheel bearing grease and motor oil, which turns to liquid in a warm place. The green ones get their color from being coated with bile. Other stones are composites—made of many smaller ones. At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the backpressure on the liver causes it to make less bile. It is also thought to slow the flow of lymphatic fluid. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise. Gallstones, being sticky, can pick up all the bacteria, viruses and parasite eggs that are passing through the liver. In this way stones are continuous source of infection, supplying fresh parasite eggs and bacteria to our body. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

Emptying the liver bile ducts is the most powerful procedure to improve your body's health. Principally it should not be done before the parasite program, and for best results should follow the kidney cleanse. **Cleanse your liver twice a year.**

Preparation:

You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. Get through three weeks of parasite-killing before attempting a liver cleanse. If you are on Maintenance Parasite Program, you are always ready to do the cleanse.

Completing the kidney cleanse before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Ingredients	
Epsom salts	4 tablespoons (60 gm)
Olive oil or Flax oil (for best results ozonate it for 30 minutes)	½ cup (120 ml) *(light olive oil is easier to get down)*
Fresh pink grapefruit (*for brain and spinal cord cancer use apple juice, with citric acid*)	1 large or 2 small, enough to squeeze ½ cup (120 ml) juice *(you may substitute a lemon, adding water or sweetener to make ½ cup liquid)*
Ornithine	4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
Pint jar with lid	
Black Walnut Hull tincture, any strength	10 to 20 drops, to kill parasites coming from the liver.

Take no pills or vitamins that you can do without; they could prevent success. Stop the Parasite Program and Kidney Cleanse, too, the day before. Even stop zapping and taking drops.

Wash the grapefruit twice with hot water. Add a few drops of hydrochloric acid to the bottle oil and shake.

Eat a no-fat breakfast and lunch e.g. cooked cereal, fruit, fruit juice, bread (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Limit the amount you eat to the minimum, You will get more stones. The earlier you stop eating the better your results will be, too. In fact, stopping fat and protein the night before gets even better results. Finish eating by 12 noon with only sips later.

2:00 P.M. - Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later.

Get your Epsom salts ready. Mix 4 Tbsp (60 gm). in three cups water (720 ml) and pour this into a safe jar. This makes four servings, ¾ cup (180 ml) each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. - Drink one serving (¾ cup – 180 ml) of the ice-cold Epsom salts. You may rinse your mouth, but spit out the water. Get the olive oil and grapefruit out to warm up.

8:00 P.M. - Repeat by drinking another ¾ cup (180 ml) of Epsom salts.

You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 P.M. - Pour ½ cup (120 ml) olive oil (for best results ozonate it for 30 minutes) into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least ½ cup (120 ml) . You may use lemon juice. Add this to the olive oil. Also, add Black Walnut Hull Tincture. If you haven't gotten stones out in the last few cleanses, add citric acid to bring success. Also, using 2/3 (160ml) cup water for Epsom salts instead of ¾ (180 ml) can bring success. Close the jar tightly and shake hard until watery (only fresh citrus juice does this).

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 P.M. - Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take eight if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use salad dressing or juice, to chase it down between sips. Take it to your bedside if you wish. Get it down within five minutes (15 minutes for very elderly or weak persons). If you had difficulty getting stones out in the past add ½ tsp. citric acid to the potion. You may put it in capsules.

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salt!). Go to sleep, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

After 2 More Hours you may eat. Start with fruit juice. You may add another ½ tsp. citric acid to it (or capsules) and get even more stones. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. During the day take the parasite-killing herbs and zap. By supper you should feel recovered.

Alternative Schedule 1: Omit the first Epsom salts dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time.

Alternative Schedule 2: Add ½ tsp. citric acid to the oil-grapefruit mixture. Stir till dissolved. Next morning, add ½ tsp. citric acid again to the first fruit juice you drink when done with Epsom salts.

Alternative Schedule 3: For brain and spinal cord cancers, caffeic acid is the antigen to be avoided. This includes grapefruit. Blend whole apples instead, Red or Golden Delicious. Strain to get ½ cup juice (120 ml). Add ½ tsp. citric acid to oil-juice mixture.

If you don't get stones…

Use slightly less than ¾ cup water (180 ml) for each Epsom salts dose, such as 5/8 (140 ml) or 2/3 (160 ml) cup.

CONGRATULATIONS!

You have taken out your gallstones without surgery! How well did you do? Expect diarrhea in the morning. This is desirable. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol and automotive grease inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals. Never cleanse when you are ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? It is very safe. This is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the Maintenance Parasite Program had been neglected. This is why the instructions direct you to complete the parasite and Kidney Cleanse programs first.

Warning: If you do change these recipes in your own way you might expect problems. The liver is quite sensitive to details. It is recommended to seek the help of a therapist.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not thought to be linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on x-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain. (Dr. Hulda Clark, The Cure and Prevention of all Cancers)

A Book by Flax Guru

Koyilandy Health Update

Sauerkraut

HEALTH 1ST
COLD PRESSED
Cold Pressed
Flaxseed Oil
Premium
OMEGA 3
First Press
Extra Virgin

Flaxseed - Herbal Insulin

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I

dedicate this book

to

Dr. Sasidharan, Dr Ajay Vishnu, Dr Surya, and whole staff of Nityananda Murma Ayurveda Hospital. I also dedicate this book to Mr. Nithin, Mr. Samjath, Mr. Lal Kishore, and Mrs. Sheeba and everybody who helped and gave me lots of love and respect during my stay at Koyilandy.

Table of Content

Flaxseed - Miraculous Anti-ageing Divine Food _____ *1*

Devotional Song of Goddess Linseed _____ *10*

Our biggest enemy – The Trans fat _____ *11*

Flax Seed - Diabetes Terminator _____ *16*

Budwig Protocol _____ *22*

Flaxseed and Osteoarthritis _____ *30*

Joy of the Mountain – Wild Oregano Oil _____ *32*

Coconut Oil _____ *35*

Sauerkraut _____ *40*

Dawne Ulvano healed her cancer in 9 months _____ *43*

Flaxseed - Miraculous Anti-ageing Divine Food

What is Flaxseed and how can it benefit me? I was faced with this question when I started hearing about Flaxseed not long ago. It became a 'buzz word' in society and seems to be making great role in increased health for many. I wanted to join that wagon of wellness and so I researched until I felt satisfied that it could help me, too. Here are my findings.

Flaxseeds are slightly larger than sesame seeds and have a hard shell that is smooth and shiny. Their color ranges from deep amber to reddish brown depending upon whether the flax is of the golden or brown variety. Botanical name of flaxseeds is Linum usitatissimum, the flax plant, which has been widely used for thousands of years as a source of food, clothing and decorating houses (paints, varnish, linoleum flooring etc.). Usitatissimum means useful seeds. The crushed seed makes a very useful poultice in the treatment of ulceration, abscesses, deep-seated inflammations and even skin cancers.

Flaxseeds have become very popular recently, because they are a richest source of the Omega 3 essential fatty acid; known as Alpha Linolenic Acid (ALA), lignans and fiber. People in the new millennium may see flaxseed as an important new food super star.

Mahatma Gandhi once said,
"Whenever flaxseeds become a regular food item among the people, there will be better health."
Mohandas Karam Chand Gandhi

Flaxseed also increase oxygen consumption at the cellular level resulting in increased energy and stamina, and feeling of well-being. In fact, there's nobody who won't benefit by adding flaxseed to his or her diet. Even Gandhi wrote in his book: "Wherever flaxseed becomes a regular food item among the people, there will be better health." In the 8th century, French king Charle magne even passed a law requiring his people to use flax seed so that they would be healthier.

Omega-3 Fatty Acid – Anti-entropy Factor

The omega 3 fatty acids include the essential fatty acid alpha-linolenic acid (18:3 n-3) and longer chain metabolites Docosahexaenoic acid (DHA 22:6 n-3) & Eicosapentaenoic acid (EPA 20:5 n-3). In Omega 3 acids, the first double bond is located on the third carbon from the methyl end of the hydrocarbon chain. For omega 6 fatty acids, it is located at the sixth carbon. Generally speaking there are two primary benefits omega-3 fats have on our bodies include:

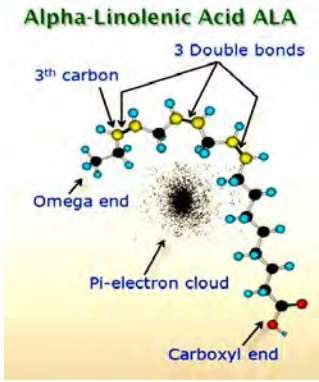
Nutrients Name	Nutrient Value	Percentage of RDA	Nutrients Name	Nutrient Value	Percentage of RDA
Energy	534 Kcal	27%	Vitamin E	19.95 mg	133%
Carbohydrates	28.8 g	22%			
Protein	18.3 g	32.5%	Vitamin K	4.3 µg	3.5%
Total Fat	42.16 g	170%	Electrolytes		
Dietary Fiber	27.3 g	68%	Sodium	30 mg	2%
Vitamins			Potassium	813 mg	17%
Folates	87 µg	22%	Minerals		
Niacin	3.08 mg	19%	Calcium	255 mg	22.5%
Pantothenic acid	0.985 mg	20%	Copper	1.12 mg	124%
			Iron	5.73 mg	72%
Pyridoxine	0.473 mg	36%	Magnesium	392 mg	98%
			Manganese	2.48 mg	108%
Riboflavin	0.161 mg	12%	Zinc	4.34 mg	39%
			Phyto-utrients		
Thiamin	1.64 mg	137%	Lutein-zeaxanthin	651 µg	--
Vitamin C	0.6 mg	1%			

Nutritional value per 100 g.
RDA = Recommended Daily Allowance

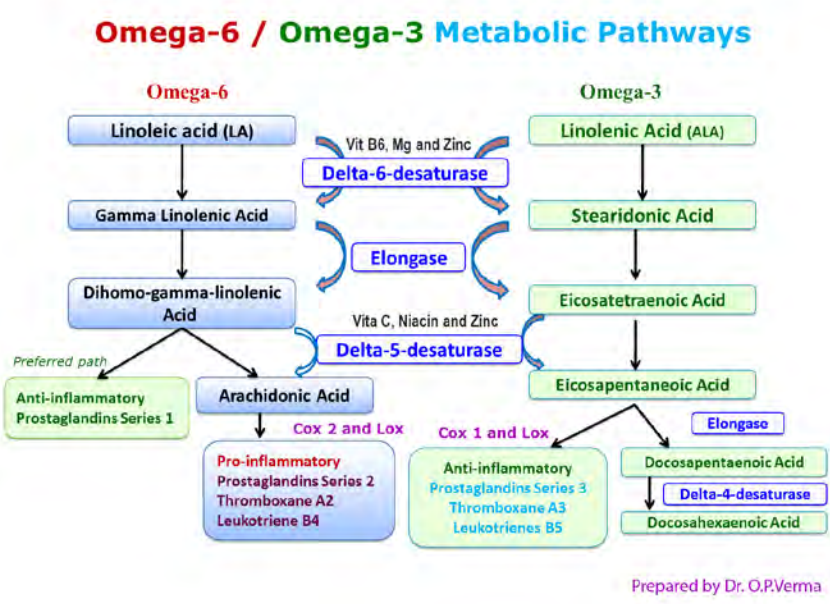
Cellular Membrane Components:

The outer membrane of human cells act as a gateway allowing raw materials in, and processed materials requires a constant turnover of PUFA's to remain functional . Omega 3's are an essential part of this replenishment . A shortage of Omega 3 reduces the ability of cells to efficiently perform their function, leading to nutrient starvation and chronic inflammatory illnesses.

Production of Eicosanoids :



Omega 3 is also converted into another class of chemical called eicosanoids, (a specific chemical/ hormone group which are essential to regular functioning of healthy cell) the most critical of which are prostaglandins. Prostaglandins are important for the regulation of inflammation, pain, swelling, blood pressure, heart function, gastrointestinal function and secretion, kidney function and fluid balance, blood clotting and platelet aggregation, allergic response, nerve transmission, steroid production and hormone synthesis. If the omega-3 series prostaglandins produced are either lacking or unbalanced, leading to dysfunction of these vital bodily activities.



It turns out that both the omega-3 and omega-6 pathway utilize the same enzymes, so both have to compete for these enzymes. The N-6 Dihommogamma-Linoleic Acid (DGLA) can be converted to either the anti-inflammatory PG1 or into arachidonic acid (AA). Conversion of DGLA into PG1 does not require any enzymes, but conversion of DGLA into AA requires the enzyme delta-5 desaturase. In diets high in omega-3, most of the delta-5 desaturase will be busy in the omega-3 pathway; very few delta-5 desaturase will be available to convert DGLA into arachidonic acid, and subsequently, Pro-inflammatory PG2. So DGLA ends up being converted into the anti-inflammatory PG1.

Both groups of prostaglandins perform vitally important functions and supplement each other through complex and multi-faceted interactions. For centuries ratio of Omega-6 and Omega-3 was perfect e.g. 2:1 or even 4:1 (very ideal ratio).But after the global switch to industrial agriculture and processed foods it is 20:1, 40:1 or more (!!!).This throws the body into the state of chronic inflammation, giving rise to a whole array of inflammation-related chronic diseases, including thrombosis, arthritis, diabetes, atherosclerosis and coronary heart disease, cancer and asthma.

There is only one crucial condition that must be fulfilled if the entire system is to work well and promote health, rather than disease. This condition is **BALANCE**. For the prostaglandin pathways to run smoothly, the intake of omega-3 and omega-6 fatty acids must be well-balanced, within the 1:1 to 4:1 range.

Lignans is Superman

Lignans are unique fiber-related polyphenols that provide us with antioxidant benefits, fiber-like benefits, and also act as phytestrogens. Among all commonly eaten foods, flaxseeds is the #1 source of lignans on earth. Flaxseeds contain about 7 times as many lignans as the closest runner-up food (sesame seeds). They contain about 338 times as many lignans as sunflower seeds, 475 times as many

as cashew nuts, and 3,200 times as many lignans as peanuts.

When flaxseeds are compared with other commonly eaten foods in terms of their Antioxidant value flaxseeds rank 9th among 100 commonly eaten foods, much higher than blueberries or olives. Lignan has immunostimulatory, anti-bacterial, anti-fungal, anti-lupus and anti-viral effects.

The most important lignan in flaxseed is secoisolariciresinol diglycoside or simply SDG. When eaten SDG in flaxseed is converted by bacteria in the colon to the mammalian lignans-Enterolactone and Enterodiol.

While lignans have an estrogen-like action, they are considerably weaker than our endogenous estrogen, and act as hormone balancers. An important feature of these plant hormones is that they do not stimulate reproductive tissue. In conditions which are linked with excess estrogen (such as PMS, unhealthy breast tissue and breast cancer) lignans compete with a woman's own estrogen, having an estrogen lowering effect.

In conditions associated with declining estrogen levels such as menopause, lignans have the opposite effect, increasing levels of estrogen. This balancing action is due to their ability to competitively lock onto our body's estrogen receptor sites. Consequently, lignans are used to reduce symptoms of menopause, such as hot flushes, night sweats, mood swings and breast tenderness. Flaxseed has been found to substantially increase milk production in women who are not producing enough milk to nurse their infants. It is also beneficial in habitual abortion, sterility and often clears up breast engorgement. Other condition where lignans may be helpful due to their estrogenic effect includes bone health, prostate conditions, hair loss and acne. According to Acatris, a 50 mg daily dose of SDG is sufficient to deliver the health benefits associated with flax lignans.

The discovery of flaxseed as a lignan storehouse came by just a chance says Kenneth Setchell, PhD, Children's Hospital Medical Center, Cincinnati. In a study in 1978, he and his colleagues unexpectedly found lignan levels in one patient several hundred times higher than had ever been seen before. When asked the patient told that he baked his own bread and always added flaxseed.

Dr. Danial Daves, Director of A.R.A.I proposes that flax hull lignans be considered for the worldwide treatment of AIDS/HIV. His research shows 97% success rate for AIDS sufferers who consume 1/2 tablespoon a day of flax hull lignans. The Flax Lignans supercharge the depleted immune system and gives an AIDS sufferer a new life, new hope and a future. He says Lignan is a superman.

Heart Healer

Atherosclerosis plaque consist only of monocyte-derived immune cells macrophages and T lymphocytes. Their presence in arterial walls provides evidence that the atherosclerosis is an inflammatory disease. Flaxseed inhibits the production of pro-inflammatory cytokines, eicosanoids, cytokines and platelet-activating factor derived from arachidonic acid (an omega-6 fatty acid) and thus reduces inflammatory responses. One way that Alpha Linolenic Acid helps the heart is by decreasing the ability of platelets to clump together, a reaction involved in the development of atherosclerosis (hardening of the arteries), it acts as natural aspirin.

Flax seed helps to lower high blood pressure, clears clogged coronaries like a sweeper, lowers high blood cholesterol, bad LDL cholesterol and triglyceride levels and raises good HDL cholesterol. Intake of flaxseeds has also been shown to decrease the ratio of LDL to HDL cholesterol in several human studies and to increase the level of apolipoprotein A1, which is the major protein found in HDL cholesterol (the "good" cholesterol). Three small clinical trials found that adding 38-50 g/d of flaxseed to the usual diet for 4-6 weeks resulted in modest 8-14% decreases in LDL cholesterol levels.

Flaxseeds prevent clot formation in arteries, which may result in strokes, heart attacks and thrombosis. Omega-3 Fatty acids present in Flaxseed appear to enhance the mechanical performance and electrical stability of the heart and to protect against fatal arrhythmias.

Digestive System – Funda of Fiber

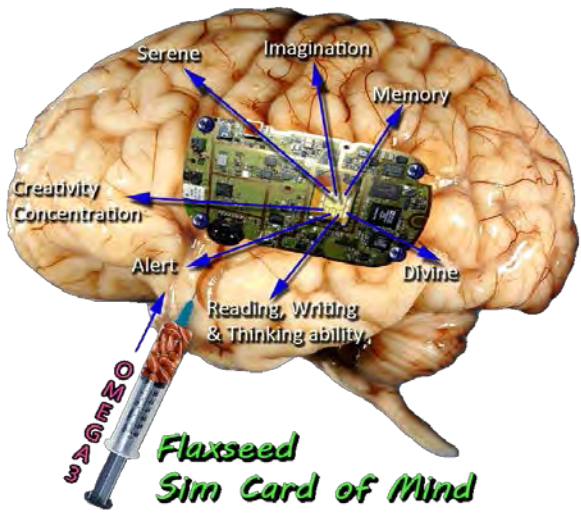
Flaxseed is rich in both soluble, insoluble fiber and mucilage (the unique soluble fiber that is very soothing and cleansing to the digestive tract).Flax fiber is an excellent food for friendly bacteria in the intestine which keeps disease-causing organisms in check. Consumed with plenty of pure water, flax seed softens the stool and makes bowel elimination easier, a blessing to those with any level of constipation.

The researcher concluded that flaxseed relieved constipation more effectively than psyllium husk. Taken for inflammatory bowel diseases like Irritable bowel syndrome, diverticulitis or ulcerative colitis flaxseed can help to calm inflammation and repair any intestinal tract damage. In addition, the Flaxseed may prevent painful gallstones from developing and even dissolve existing stones. Finally, flaxseed has been shown to reduce risk of colon cancer.

Rejuvenates Skin, hair and nail

The essential fatty acids in flaxseed are largely responsible for its skin-healing powers. Dry skin, acne, rosaceous, eczema dandruff and psoriasis often respond to the Flaxseed's anti-inflammatory actions and overall skin-soothing properties. It is a fountain of youth. You look years younger to your age. The abundant omega-3 fatty acids in flaxseed have been shown to contribute to strengthen and fortify hair. It prevents and sometimes reverses premature graying of hair. Similarly, the Flaxseeds work to nourish dry or brittle nails, stopping them from cracking or splitting. Flaxseed oil makes skin very soft, fair, moist and attractive. Flaxseed has anti-wrinkle effect. Flaxseed is internal and edible cosmetic. It is natural manicure and pedicure. Help clear up and even help heal sunburns more quickly.

CNS – Flax is Sim Card of Mind



Think of your brain like the engine in your car. It needs oil just like your car does. Omega 3 is that oil. It helps things to run smoothly and efficiently. In the function of development of our brain, Omega 3 is vital for memory and performance, and it is needed for the transmission and reception of brain signals. In addition to the structural

benefits in the brain that Omega 3 adds, it aids in the communication between brain cells.

The Flaxseed is a feel good food, keeps your mind cool and you stay cheerful. Negative thoughts stay far away from you. You don't become angry. Your mood is always elated and positive. This is super anti depressant. Studies showed that it improves hostility in early teens and criminal behavior in prisoners. Flaxseeds are essential for the function and structure of the brain and improve cognition, memory learning skill and concentration. Flaxseed is SIM CARD of mind's circuit (Mnemonic of flaxseed benefits on mind). Here SIM means Serene, Imagination & Memory and CARD denotes Creativity & Concentration, Alertness, Reading writing & thinking ability and divine. Flax has been scientifically proven to treat depression, diabetic neuropathy, ADHD, Alzheimer's disease, Parkinson's disease, multiple sclerosis and proven to improve the behavior of Schizophrenics. Flaxseed can improve eyesight and perception of colors. Colors look bolder and vivid. Life becomes simply more colorful.

Prostate

The flaxseed may help to prevent swelling and inflammation of the prostate. Symptoms of prostate enlargement, such as urgency to urinate, may lessen within few weeks as a result. The EFAs also play a role in keeping sperm healthy, which may be of value in treating male infertility, and they can improve erectile dysfunction. Many patients reported that it delayed their ejaculation times.

Obesity – Flax reshapes your body

Flaxseed help fight obesity. Adding flaxseed to foods creates a feeling of satiation (feeling of fullness and satisfaction following a meal). The essential fats in flaxseed cause the stomach to retain food for a longer period of time as compared to no-fat or low-fat foods. Furthermore, flaxseed stokes the metabolic processes in our cells much like a furnace, once stoked; the cells generate more heat and burn calories.

Best of the Best for Body Building

The fatty acids in flaxseed are the starting point, or the mortar and bricks for manufacturing all other fatty acids and hormone precursors necessary to support and build strong lean muscles, while prolonging

stamina required for endurance sports. Beyond providing essential nutrients flaxseed provides valuable fuel required by today's high intensity athlete. Flaxseed increases energy, vitality, stamina and shortens recovery time for fatigued muscles after exertion. It has 18% high class proteins.

Nowhere have the benefits of flaxseed oil for athletic performance been more publicly demonstrated than in preparing Hilary Swank for her as a boxer in Clint Eastwood's film, Million Dollar Baby. Grant Roberts (her Fitness Trainer) had the task of adding at least 10 pounds of lean muscle to her already lean physique in just nine weeks. In addition to an intense training and lots of practice, he gave her eight or nine tablespoons flaxseed oil daily. Surprisingly, Swank's hard work added more than 20 pounds of muscle in that time.

According to Roberts, nutrition represents 60 percent to 70 percent of the effective input to building lean body mass. The remaining 30 percent to 40 percent of positive results arise from a judiciously-designed exercise program.

Flaxseed has received an overwhelming response from the athletic and bodybuilding community. An article entitled "Best of the Best", published in the bodybuilding and health enthusiast magazine Muscle Media 2000, claims flaxseed as "the hottest idea in bodybuilding" and "a surprising new category of bodybuilding supplement." Mr. Dan Duchene in his column "Ask the Guru", also writing for Muscle Media 2000, and ranked flaxseed as the number one bodybuilding supplement compared to all other available products.

Ways to include flax seed and flax oil in home cooking

- Sprinkle ground flaxseeds onto your hot or cold cereal.
- Add flaxseeds to your homemade chapatti, rice or bread recipe.
- To pump up the nutritional volume of your breakfast shake, add ground flaxseeds.
- To give cooked vegetables a nuttier flavor, sprinkle some ground flaxseeds on top of them.
- Add a tablespoon of flaxseed oil to smoothies.
- How much should be taken in a day - The recommended daily dose for most people is approx**. 30-50 gm**.

Devotional Song of Goddess Linseed

According to Hindu mythology Linseed Goddess is fifth incarnation of Holy Mother Durga. During ancient times Linseed Goddess was worshipped as Scand Mata on fifth day of Navratri festival and linseed was consumed as blessed food of Holy Mother. Linseed Goddess is also known as Parvati, Neelpushpi, Kshuma, Uma etc. Linseed is a panacea and balances vata, pitta and kapha all three doshas. The worshipper is blessed with health, vitality and divine power. He never gets sick throughout the year. All of his wishes are fulfilled. Linseed Goddess gives him eternal bliss and straight way opens the door of Moksha (Heaven).

This is a translation of devotion song of Godess Linseed.

In the Holly books following shloka are written in the praise of Linseed Goddess.

If Lord Shiva and Goddess Parvati are living together, the whole world would be happy and prosperous.

Golden ear pendant and sandal wood cream applied on her forehead is shining like moon.

Master of whole universe holding snake over his body dances with his fair Goddess.

Goddess Linseed is greatest among all other Goddesses, as she keeps everybody healthy and vibrant.

She is a fountain of youth and shines our nails, hair and whole body.

All old Monks say that anger goes away and happiness is achieved.

She supercharges your mind, gives you divine mental powers and flows channel of knowledge.

She is an anti-ageing elixir, cures ailments and has unlimited healing properties.

She is symbol of faith, devotion and love. She makes you blissful.

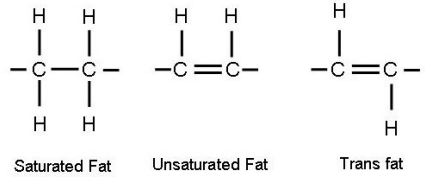
She helps in meditation, arouses your dormant serpent energy (Kundalini) and opens the doors of heaven.

Our biggest enemy – The Trans fat

Other names of Tran's fats are margarine, vanaspati, vegetable shortening, and refined oils

Tran's fat or trans-unsaturated fatty acid is a man-made, toxic, inedible and imitation fat. This is a type of damaged unsaturated fat, uncommon in nature, but produced in factories from cheap vegetable oils for use in margarine, snack food, packaged baked goods and frying food.

Fats contain a long hydrocarbon chain, which can be unsaturated, i.e. have double bonds, or saturated, i.e. have no double bonds. The unsaturated bonds cause the normally straight line shape of the carbon chain to bend at the double bonded pair because nature always removes the hydrogen atoms from the same side of the fatty acid molecule. This greatly changes the fatty acids physical and chemical characteristics. Biochemists call this *cis*- configuration.



While in Trans fat hydrogen atoms are on the opposite side of the double bonds of the carbon chain, making the fat molecule to remain straight. It is solid at room temperature.

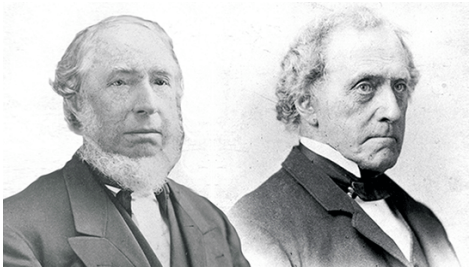
Hydrogenation is the process of passing hydrogen gas at very high temperature through the oil to change its consistency, in presence of a catalyst nickel. As the hydrogen passes through, the oil begins to become solid. Full hydrogenation of vegetable oils would produce exclusively saturated fatty acids that are too waxy and solid to use in food production. So manufacturers obtain "partial hydrogenation" by stopping the hydrogenation part of the way through. This looks, feels and spreads like butter, but much cheaper to produce. It is sold as "margarine" or "vegetable shortening". Partial hydrogenation of the unsaturated fat converts some of the cis double bonds into Tran's double bonds, which produce Tran's fats. Consumption of Tran's fats has shown to increase the risk of coronary heart disease and promote chronic inflammation in the body.

Tran's fats also occur naturally in a limited number of cases. Vaccenyl and Conjugated linoleic acid (CLA) containing Trans fats

may occur naturally in trace amounts in meat and dairy products, but these are not harmful. Two Canadian studies have shown that the natural trans fat vaccenic acid, found in beef and dairy products, were actually beneficial compared to hydrogenated vegetable shortening, or a mixture of pork lard and soy fat, by lowering total and LDL and triglyceride levels.

Tragic tale of Trans fats

It's interesting to see that the seed of tragic tale of Tran's fats was sown close to a century ago when Paul Sabatier was awarded a Noble Prize for developing the chemistry of hydrogenation. Though he considered hydrogenation of only vapors, the German chemist Wilhelm Normann showed in 1901 that liquid oils could also be hydrogenated, and he patented this process in 1902.



Then candle maker William Proctor and his brother-in-law, soap-maker James Gamble, joined together and formed a new company - Proctor and Gamble in Cincinnati, Ohio. P&G acquired the US rights to the Normann patent and began producing the first hydrogenated shortening from Cottonseed Oil in 1911. This was named Crisco, derived from CRYStalized Cottonseed Oil. After a couple of decades P&G replaced the cottonseed oil with genetically modified soybean oil and fully hydrogenated palm oil.

Crisco was presented as healthier, more digestible, cleaner, more economical, more enlightened and more modern than lard. Women who use Crisco are portrayed as good wives and mothers, their houses are free of strong cooking odors and their children grow up with good characters. With one sentence, P&G had taken on its two closest competitors—lard and butter. To attract Jews a new slogan was framed: "The Hebrew Race had been waiting 4,000 years for Crisco!"

Through highly deceptive but successful and intense marketing, this deadly and imitation fat had gradually and insidiously replaced many of our delicious and healthy traditional foods. Sale of shortening and its cousin, margarine, took off for obvious reasons - who wouldn't want a butter substitute that was cheaper, had longer shelf life, and

came with free cookbooks (All the recipes required Crisco, of course)? May be P&G initially did not know that Crisco would be so dangerous for human race.

The advent of Crisco on the shelves and kitchens, whole world was thrown into the era of the greatest chronic inflammation! When evidence began to appear about problems of heart disease, cancer, diabetes, and arthritis, the greedy P&G worked behind the scenes to cover them up. One of puppet scientists who worked for P&G, Dr. Fred Mattson, presented the US government's inconclusive Lipid Research Clinical Trials to the public as proof that it is the animal fat, not the margarine that caused heart disease. He also persuaded the American Heart Association to preach the spurious gospel of the Lipid Hypothesis."

But reality was entirely different. Tran's fat was the main culprit behind the world-wide epidemic of heart disease, cancer, type-2 diabetes and other chronic diseases. Before the era of Crisco these diseases were very rare. While these oil companies were celebrating their success, people were dying from heart infarction, diabetes and cancer. A great crime had happened against whole human race. Media and FDA remained silent for almost a century. Even doctors did not define the Trans fats clearly

Science behind Trans Fats

Why Tran's fat is so unhealthy? How natural and essential fatty acids (EFAs) differ from this deadly fat? To know all this we have to understand the great discovery done by Dr. Johanna Budwig. She was Senior Expert at Federal Institute for fats and drugs in Germany. She was known as Omega-3 Lady. She was the first to highlight the benefits of "omega-3" and the evils of Tran's fat, which are even being "rediscovered" today; but her name remains virtually unknown to scientists, the media and the general public.

In 1949, she developed Paper Chromatography to identify and study essential fatty acids (EFAs). With this technique she isolated and visualized the highly unsaturated and vital EFAs – cis Linoleic and cis Linolenic fatty acids. The cis- configuration allows de-localized

electron clouds (pi-electrons) to form in the bend produced on the chain. The negatively charged pi-electrons produce electromagnetic force and enables the EFAs to capture oxygen and hold proteins within cell membranes. Pi-electrons are extremely important to the body's overall energy exchange potential -- the flow of life force. The pi-electrons in the cell membranes increase the cells ability to store and receive electrons from the sun, through resonance. According to mathematical calculation of quantum physics, the "human" possesses the highest potency of electrons from the sun, always striving toward the future against entropy. The concept of "anti-human" — the mirror image of this human being — has already been coined. Anti-human is electron-poor, directed into the past, paralyzed in his life functions also his thinking, lacks energy and strength because he is missing the electrons that are in harmony with the sun as “life-element.” The Trans fats lacking in pi-electrons takes you to disease and hell. Budwig always preached against use of deadly Tran’s fats with sound scientific proof, but her suggestions were ignored.

Health Hazards of Trans Fats?

- The Trans fats cause chronic inflammation and dysfunction in our body on a cellular level. These have been linked to:
- Cancer: They interfere with enzymes your body uses to fight cancer.
- Diabetes: They interfere with the insulin receptors in your cell membranes.
- Decreased immune function: They reduce your immune response.
- Problems with reproduction: They reduce the production of sex hormones.
- Obesity
- Arthritis
- Heart disease: Tran’s fats can cause blocking of your heart arteries.
- Tran’s fat is also known to increase blood levels of low density lipoprotein (LDL), or "bad" cholesterol, while lowering levels of high density lipoprotein (HDL), or "good" cholesterol.
- Tran’s fats even interfere with your body’s use of beneficial omega-3 fats, and have been linked to an increase in asthma.

What type of foods have Trans fat?

- Processed foods like baked and frozen products are most likely to contain Tran's fat.
- crackers, cookies, cakes, burger, pizza and other baked goods
- snack foods like potato chips, French fries
- Confectionery

Finally FDA takes U-turn

After lot of pressure from people, FDA awakes from decade long sleep and finally admits that Tran's fat is very dangerous for human health. FDA now accepts that Trans fat do not meet their distinction of "generally recognized as safe" for human consumption. Until recently FDA had been preaching against the use of saturated fats, because it causes heart disease, diabetes and other chronic diseases.

In March 2003, Denmark became the first country to pass strict regulations on the sale of foods containing Tran's fats. No more than two per cent of the fats and oils in any food product can contain Tran's fats. The legislation effectively limits people's Trans fat intake to less than one gram per day. Later on, Canada and Switzerland passed similar regulations.

On Dec. 5, 2006, New York City's board of health approved a ban on Tran's fats in all restaurants across the city. The ban took effect in June 2008.

In 2013, the Food and Drug Administration began to gradually stop the use of Tran's fats in all foods. It said there is no safe amount that should be in food eaten by humans. In June 2015, the FDA issued a final warning, that Tran's fats are not safe for any use in human food. Tran's fat must be taken out of all food production within three years. The FDA says the ban will cost the food industry $6.2 billion over 20 years. The food industry must use new formulas and recipes using ingredients without Tran's fat. This is a great victory for all those scientists and people including Dr. Johanna Budwig (She must be smiling in the heaven) and professor Kummerow.

Options to Consider

If you want to avoid dangerous fats of all kinds, your best bet is to eliminate processed foods from your diet. Use butter instead of margarines and vegetable oil spreads. Use coconut oil for cooking. It is far superior to any other cooking oil and is loaded with health benefits.

Flax Seed - Diabetes Terminator

Diabetes is a defect in the body's ability to convert glucose (sugar) to energy. Glucose is the main source of fuel for our body. When food is digested it is changed into fats, protein, or carbohydrates. Foods that affect blood sugars are called carbohydrates.
Carbohydrates, when digested, change to glucose. Examples of some carbohydrates are: bread, rice, pasta, potatoes, corn, fruit, and milk products. Individuals with diabetes may eat carbohydrates but must do so in moderation.

Glucose is then transferred into the blood and is used by the cells for energy. In order for glucose to be transferred from the blood to the cells, the hormone - insulin is needed. Insulin is produced by the beta cells in the pancreas.

Chronic Inflammation is Cause of Type 2 Diabetes

Researchers at the University of California, San Diego School of Medicine have discovered that chronic inflammation provoked by immune cells called macrophages leads to insulin resistance and Type 2 diabetes.

Dr. Budwig had written in her book that Diabetes is basically a Fat syndrome (a disorder of Fat Metabolism); the sugar problem is secondary and comes later into the picture.

Preventing Diabetes by daily Flaxseed consumption

ADA 2011 LIVE/71st Scientific Session 24-28th June 2011/San Diego, California.

Flaxseed is a good source of Omega-3 Fatty acids and viscous fiber. Consuming flaxseed on regular basis may reduce the risk of progressing from pre-diabetes to type 2 diabetes and heart disease through various mechanisms. One recent study has shown that 13-26 g. of flaxseed daily in addition to regular diet, can decrease glucose, insulin and insulin sensitivity in individuals with pre-diabetes.

Clinical ADAA Randomized, controlled study presented during session: Nutrition Clinical Author: Andrea Hutchins, Blakely Y D.Brown, Stethane Domitrowich, Earle Adams, Courtney Bobowies: Colorado Springs, CO, Missoula.

Flax for Diabetes

Flaxseed - a nutritional powerhouse whole grain food has so many benefits for fighting diabetes. As part of a balanced and healthy diet, flax is so excellent because it helps stabilize blood sugar and controls/prevents diabetes.

Flax is a low glycemic food and has many benefits due to the Omega 3, fiber, protein and lignans found in flaxseed.

Our body's operating system performs high tech multi tasking operations. Sugar and insulin are very important. When we eat food, our body produces insulin to help keep blood sugar levels under control. The more vegetables, whole grains and low glycemic foods we eat, the easier it is for our body to keep blood sugars stable and within the normal levels.

The more processed foods, sugar, white flours, white rice, etc we eat the harder it will be to control blood sugar levels and the more likely it is that we will suffer from diabetes and its consequences.

Flax seed - low glycemic zero carb food

Flaxseed is an excellent low glycaemic food (G.I. of flax is 32) and it helps stabilize blood sugars. This means that blood sugar levels that spike when you eat sugary and white flour/ white rice type of foods will not spike when you eat flax.

With flax, blood sugar levels will slowly and smoothly rise to a lower curve and then the blood sugar levels will stay there for a longer period of time. After a few hours, your blood sugar level will slowly go down, this is the key to how flaxseed benefits diabetes.

How flax is Zero carb – sweet mathematics

Flaxseed is a Zero Carb food; let me explain this with just simple mathematics?

14 Gm of Flaxseed contains	Protein	2.56 gm,
	Fat	5.9 gm,
	Moisture	0.97 gm
	Ash	0.53 gm
Total is 0.97+2.56+5.90+0.53 =		9.86 gm.

In these 4.04 Gms of carb Flax has got 3.8 gm fiber, **so actual sugar is 4.04 – 3.8 = 0.24 gm**, which is comparatively negligible amount so practically Flax is called a **ZERO** carb food.

(Remember fiber belongs to carbs but is not absorbed in the intestines and does not raise blood sugar level)

Fiber keeps sugar absorption slow and steady

Flax has 3 fibers insoluble, soluble and mucilage fiber (a type of soluble fiber). These fibers fill up the stomach and take longer to digest - this means that blood sugar level spikes slowly, remains steady for longer and so we feel full for longer!

Our blood sugars don't have to constantly fluctuate up and down because the fiber keeps them stable for longer. Soluble fiber slows down the absorption of glucose and helps the body manage glucose levels and insulin production smoothly.

Flax for diabetics is an economical and powerful step to help stabilize blood sugars toward the goals of fighting and preventing diabetes!

Omega-3 – Helps Your Brain feel Satiated & helps stop food cravings!

Most of us are not getting enough Omega 3 in our diet. This is a problem because Omega 3 is essential and our bodies cannot make its own omega-3 - our body must get this from what we eat.

One of the important roles of omega 3 is to tell our brains that we are full and satiated. When we aren't eating enough omega 3, our brain thinks that we are hungry and our body is craving for the nutrition, which it needs. A great way to take a small step toward health is adding flaxseed so that diabetes can be better controlled or prevented.

Omega-3 helps prevents Chronic Inflammation

Diabetes results from chronic inflammation. This means in diabetes our body is constantly burning at a low fire. Blood vessels become hard, brittle and narrow, insulation of nerves are damaged, body doesn't function properly and cellular aging is enhanced. This leads to many complications.

Omega-3 fatty acids produce anti-inflammatory, anti-clotting (thrombolytic), vasodilatory prostaglandins, cytokines and leukotrines. Thus Not only can flaxseed help stabilize blood sugar levels for longer periods of time, but it can also help the body heal and prevent worsening diabetes along with complications that many diabetics presently suffer from or could potentially have later on.

Flax lignans – stabilize blood sugar levels

Lignans help to heal the body, including the pancreas, which is a key player in how the body manages Insulin. Thus Lignans stabilize blood sugar levels. Lignans are powerful antioxidants and prevents aging.

Flax – prevents and cures complications

Heart

- Flax lowers blood pressure.
- Flax lowers triglycerides, total and LDL Cholesterol. It also raises HDL cholesterol.
- Flax is a natural aspirin – flax acts as a blood thinner by so interfering with platelets' ability to stick together.
- Regular flax eaters don't need any aspirin or statin.
- Flax prevents fatal arrhythmia.
- Flax is powerful antioxidant and anti-inflammatory.

Foot

- Flax enhances proper blood circulation in foot and reverses nerve damage, thus prevents peripheral neuropathy and trophic ulcers.
- Flax keeps skin and foot healthy.
- Flax prevents infections, ulcers, wounds, gangrene as well as amputations.

Sexual insufficiency

- Again due to vascular and nerve damage diabetic patient develops sexual problems.
- Flax prevents and cures Sexual problems of male as well as females.

Eye

- Due to blood vessel damage patient develop diabetic Retinopathy, which ultimately causes blindness. Flax keeps blood vessels healthy and ensures better circulation so it prevents Retinopathy.
- Flax delays cataract and prevents glaucoma.
- Flaxseed oil is best lubricant eye drops and helps in dry eye syndrome.

No refined oil

Refined vegetable oils have been stripped of most of their nutritional value, while Natural oils contain vitamins, minerals and other nutritional factors. The process of extracting the oils destroys this nutritive value. Refined oils are usually extracted using heat, then degummed. They are usually partially hydrogenated, a process which involves adding hydrogen to the oil in the presence of nickel.

The final stage of making refined oil is to bleach it. Sodium hydroxide is added to remove free fatty acids and the bleaching process also removes beta-carotene and the essential oils.

No Tran's fat

Processed oils are often heated to high temperatures, a process which causes the formation of trans-fats. Heating oils to just 300 degrees starts the process of causing fatty acids to become mutagenic (cancer causing). Trans-fatty acids start forming at 320 degrees and at

392 degrees significant quantities of trans-fats are formed. The more you reuse an oil for frying, the more Trans fats you'll create.

For deep frying use coconut oil. This medium-chain saturated fat is very heat stable and is also good for you. Butter, clarified butter and olive oil are at least better than hydrogenated fats for deep frying. Water is best medium for frying. For light stir frying mustard oil is right choice.

How to incorporate flax in your diet

Ideally, flax seed should be consumed in the grounded form or as its oil. Remember that flax seed oil does not contains the fiber or lignans etc.

The best way to mix freshly ground flaxseed with rice or chapatti. **In diabetes ideally take 20 Gms flaxseed twice daily.**

Start slowly if you aren't used to a high-fiber diet. Grind it coarsely and drink plenty of water. You could have it with your cereals, yogurt or milk, shakes and smoothies or even add it to homemade cookies, vegetables or salads.

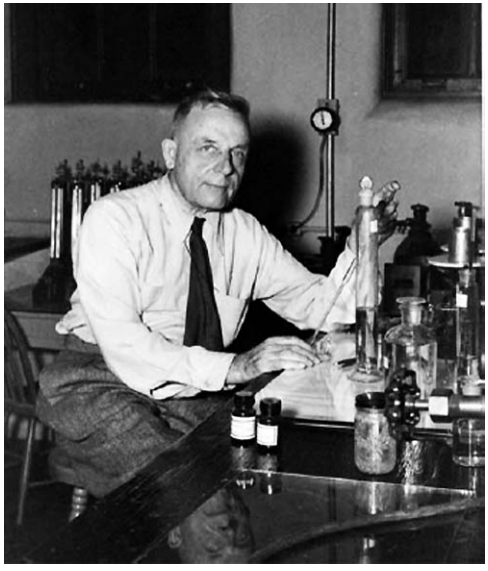
To get maximum benefits, 30 to 50 grams of ground flax is recommended per day.

Budwig Protocol

We are fighting with cancer since the dawn of history. Every year we discover new diagnostic modalities, better radiotherapy techniques and lots of new chemotherapy drugs. But we have completely failed to defeat this disease called cancer. Think again, are we really going on the right path? Does conventional Medicine really attack on the prime cause of cancer???

What is the prime cause of Cancer?

All normal cells absolutely require oxygen, but cancer cells can live without oxygen - a rule without exception. Deprive a cell 35% of its oxygen for 48 hours and it would become cancerous. Dr. Otto Warburg clearly mentioned that the root cause of cancer is lack of oxygen in the cells (Schmid).



He also discovered that cancer cells are anaerobic (do not breathe oxygen), get the energy by fermenting glucose and produce lactic acid. The body becomes acidic. Cancer cannot survive in the presence of high levels of oxygen, as found in an alkaline state. He got Noble Prize for this great discovery in 1931 (Nobelprize.org).

He postulated that sulfur containing protein and some unknown fat is required to attract oxygen in the cell. This fat plays a major role in the respiration and functioning of Warburg respiratory enzyme. He thought it would be butyric acid and made experiment, but this attempt was a failure. For many decades

scientists were trying to identify this unknown and mysterious fat but nobody succeeded.

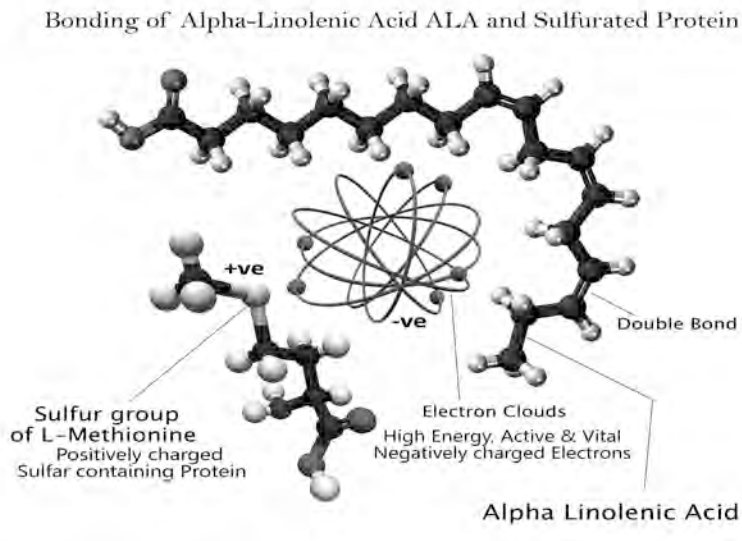
Dr. Johanna Budwig was a qualified pharmacologist, chemist and physicist with a doctorate in physics who worked as the chief expert for drugs and fats at the Federal Institute for Fats Research, Germany. She was known as a leading authority on fats and oils in the world.

In 1949, Dr. Budwig developed new ways of testing fats through the development of Paper Chromatography. This meant that for the first time fats, fatty acids and lipoproteides could be detected directly even in the smallest proportions and thus characterized and studied in the form of microanalysis. Using Cobalt 60 isotopes she was successful in producing the first differentiation reaction to identify fatty acids, and via radioiodine produced the first direct iodine value. She also developed control of atmosphere in closed system by using gas systems which act as antioxidants. Coloring, separating effects of fats and fatty acids were further developed. Behavior of fat was studied in blue light, red light with fluorescent dyes.

She studied the electrical behavior of the unsaturated fatty acids and their "halo" using rhodamine red dyes. With this technique she proved that electron rich highly unsaturated Linoleic and Linolenic fatty acids were the undiscovered mysterious decisive fats in respiratory enzyme function that Otto Warburg had been unable to find. She studied the electromagnetic function of pi-electrons of the linolenic acid in the membranes of the microstructure of protoplasm, for all nerve function, secretions, mitosis, as well as cell break-down. This immediately caused lot of excitement in the scientific community. New

doors could open in Cancer research. Hydrogenated fats, including all Tran's fatty acids were proved to be respiratory poisons.

Dr. Budwig found that the blood of seriously ill cancer patients was deficient in these unsaturated omega-3 fats, lipoproteins, phosphatides, and hemoglobin. In addition, she also noticed that cancer patients had a strange greenish-yellow substance in their blood that she could not find in the blood of healthy people. Budwig proposed a treatment program for cancer based on two simple ingredients: flaxseed oil and cottage cheese.



Then Budwig decided to have human trials and selected the cancer patients from four Hospitals in Münster. She gave flaxseed oil and quark to these patients. After three months, the patients began to improve in health and strength, the yellow green substance in their blood began to disappear, tumors gradually receded and at the same time the nutrients began to rise. This way Dr. Budwig had found a cure for cancer. It was a great victory and first milestone in the battle against cancer. Her treatment protocol is based on the consumption of flaxseed oil with low fat cottage cheese, raw organic diet, mild exercise, and the healing powers of the sun. She treated approx. 2500 cancer patients during a 50 year period with this protocol till her death with over 90% documented success, even in the terminal and hopeless cancer patients

rejected by allopathy (Budwig, Cancer The Problem And The Solution).

She was nominated 7 times for Nobel Prize but with a condition that she will use chemotherapy and radiotherapy with her protocol. They did not want to collapse the 200 billion business over night. She always refused to support the damaging chemo and radio for the sake of humanity.

Budwig Diet & Protocol - In Brief

This is raw organic diet with lot of Flax oil and Juices. Consume only clean or RO filtered water. To get the best results, proper guidance is strongly recommended. Below are brief guidelines of the Budwig Diet you don't have to consume all the foods on this list. This information is from Dr. Budwig's books.

First thing in the morning – One small glass of sauerkraut juice, preferably raw & homemade. Raw unheated kraut has enzymes, probiotics and vitamins which help the digestive system, metabolize foods & improve immunity.

Just before breakfast - green or herbal tea

Breakfast – First blend 3 Tbsp. Flax oil, 3 Tbsp. milk and a Tsp real honey; then gradually add 6 Tbsp. Quark or Cottage Cheese and blend. Garnish in layers. Add 2 Tbsp freshly ground Flax seeds in a bowl, then add a layer of crushed fresh fruits, then pour oil cheese mixture and put raw nuts on top.

Mid-morning - Homemade vegetable juice (carrots, beets w/lemon or apple, or greens). Homemade carrot is very important cancer-fighters. Carrot juice 4-5 days in a week.

Before Lunch Green or herbal tea.

Lunch - Salad plate (tomato, cucumber, lettuce, radish, cabbage, broccoli, and pepper) with homemade Cottage Cheese and Flax oil **mayo dressing** (prepared by mixing together 2 Tbsp Flax oil, 2 Tbsp milk, 2 Tbsp Cottage Cheese and 1 Tbsp lemon juice, add a variety of herbs making the plate most appealing.

Or use Flax oil and lemon juice / Flax oil and curd dressing.

Lunch - Main Course should be light take early at 12:30. Vegetables/ pulses cooked in water, then flavored with oleolox

(Electron butter), spices and herbs possibly with oatmeal, idly, rice (brown) or chapatti etc. Vegetable soups/ sambhar flavored with a little oleolox and nutritional yeast flakes, as side dish for buckwheat, brown rice, millet or potatoes.

Lunch Dessert - Must have 2nd serving of 3 Tbsp. Flax oil and 6 Tbsp. Quark or Cottage Cheese with a little milk and honey, well blended. Add raw fruit, fruit juice, raw nuts, and other flavors you like. You may also refrigerate and serve as ice cream.

Mid-afternoon - 1 Tbsp. freshly ground Flax seed added to 1 glass of pure fruit juice, homemade.

Late afternoon - Enzyme juice - Papaya or pineapple juice, 1 glass.

Dinner also should be light take early at 6:30- Grains alone or grains & beans with vegetables with oleolox, nutritional yeast flakes & spices. Eat **buckwheat at least 4 days in a week.** Grains & beans combined make a complete protein. Vegetables such as spinach, asparagus, broccoli, & cabbage add nutrition and aid absorption.

Late Evening - 1 glass of grape juice (optional) before 10 P.M. if possible.

Linomel Muesli or Oil-Protein Muesli

This should be made fresh and consumed within 15 minutes. It is full of high energy pi-electrons, attract oxygen in the cells and capable of healing cell membranes. It is full of energy-rich omega-3 fats, has power to attract healing photons from sun through resonance. As "Om" is divine word and synonym of God in India. According to Hindu Mythology, the whole universe is located inside "Om", so the name Omkhand has been given to this wonderful recipe in Hindi.

Ingredients

- 3 Tbsp cold pressed organic Flax seed oil (FO)
- 100-125gm (6 Tbsp) Quark or Cottage Cheese (CC)
- 2 Tbsp freshly ground Flax seeds
- 2-3 Tbsp milk
- 1 cup fruits
- ¼ cup dried nuts
- Natural honey
- Flavorings – lemon, apple cider vinegar, cinnamon, pure cacao, natural vanilla, shredded coconut etc.

Recipe

Place 2 tablespoons Linomel or freshly ground Flax seeds in a small bowl. It is covered with raw, crushed or diced seasonal fruits depending on the season. Pour some orange or grape juice over this. Linomel is a brand name and originally created and patented by Budwig. It is a cereal made from cracked Flax Seed, a small amount of honey and a little milk powder.

Then the Quark-Flax seed oil cream is prepared in as follows: First add Flax seed oil, milk and honey and blend briefly with a hand-held immersion electric blender, then gradually add the Quark in smaller portions. Blend till oil and Quark is thoroughly mixed with no separated oil. Then it is seasoned differently everyday with different flavorings such as vanilla, cinnamon or various fruits such as banana, apple, lemon, orange juice, or berries.

Use various fruits such as fresh berries, apple, cherry, orange, banana, papaya, grapes etc. Add other fresh fruit if you like, totaling 1/2 to 1 cup of fruit. Budwig specially advised to use berries like strawberry, blueberry, raspberry, cheery etc. because berries have ellagic acids which are strong cancer fighters.

Add organic raw nuts such as walnuts, almonds, raisins or Brazil nuts. They have sulfurated proteins, omega-3 fats and vitamins. Brazil nut is especially important because a single nut provides you with all of the selenium you need for the day. Selenium is very important to boost immune power. Peanuts are prohibited.

For variety and flavor, try natural vanilla, cinnamon, lemon juice, pure cocoa or shredded coconut.

Once blended in Budwig Cream, Quark and Flax seed oil form a new substance called lipoprotein. Lipoprotein is a water soluble complex. The Quark is rich in the sulfur-containing amino acids, methionine and cysteine. These positively charged amino acids attract the negatively charged electron clouds in fatty acid chains and exhibit a stabilizing effect on the highly unsaturated, otherwise easily oxidized fats. Thus, the amino acids protect the polyunsaturated fatty acids from the Flax seed oil against oxidation which, as a result, are able to enter the human body unchanged and with their full energy potential. The result: they are much more valuable to cells and their membranes.

Consequently, one could say that Quark excels as a protector for the polyunsaturated fatty acids.

Sulfur-rich amino acids play a wealth of roles in many vital functions in our bodies. In combination with polyunsaturated fatty acids, they are important partners in regulating the uptake of oxygen and its utilization by the cell. They therefore contribute significantly to a strong immune system, healthy metabolism, and mental vitality. For many generations, people have been getting their omega-3 fatty acids from fish, vegetables, nuts, and seeds. Our health literally depends on the regular consumption of the essential omega-3 and omega-6 fatty acids, alpha-linolenic acid (ALA) and linoleic acid (LA). Our bodies require these fatty acids in order to synthesize their cell membranes as well as for a variety of metabolic processes and heal the cancer and other diseases.

Tips for making the Budwig Mixture

- Follow directions properly! It is important to add things to the mixture in the right order. If you mix them in the wrong order you may lose a lot of the opportunity to convert the oil-soluble omega-3 into water soluble-omega-3.
- Keep the Flax seed oil refrigerated.
- Immersion blender is a must.
- The mixture can be flavored differently every day by adding nuts and fruits preferably organic such as pecans, almonds or walnuts (not peanuts), banana, organic cocoa, shredded coconut, pineapple (fresh) blueberries, raspberries, cinnamon, vanilla or (freshly) squeezed fruit juice.
- Consume immediately for best results.

Prohibitions of Budwig Protocol

- No Sugar, no meat, no eggs, no Butter
- No hydrogenated fat and refined oil
- No soya, corn, peanuts and refined table salt
- No frying, no sautéing, no deep frying
- No preservatives and processed Food
- No microwave, Teflon coated nonstick and aluminum cookware
- No cosmetics, chemicals and pesticides
- No foam mattress and pillow.

- No nylon, polyester or acrylic clothing, only cotton, silk and wool is allowed.
- No Crt. TV and mobile phones
- No leftover food

Elimination or Detoxification

May include (Remember the Mnemonic - M.Sc. Botany)

- Flax oil massage,
- Sun therapy for 20 minutes,
- Coffee enema daily and
- Daily **Soda bicarb bath (40 minutes),** Epsom salt bath, oil pulling, steam bath, sauna bath, liver, colon and kidney cleansing etc.

Energy Therapies (Remember MTV)

Meditation, positive attitude, and deep breathing exercises.

Tumor contract – Tell your tumor that if it grows in size, then you may die, and eventually he also will die. So advise him to become microscopic in size. In return you promise to make some changes in your life so that both of you might live long. If he agrees with your proposal, sign a contract with him immediately.

Visualization – is the most important tool to tap into the power of your imagination to help heal cancer. Remain tuned to your healthy and happy future.

Important and must do therapies with Budwig

- Dandelion root 1 Tsp once a day
- Black seed oil 1 Tsp twice a day
- Bitter apricot kernels 13 seeds with a Tsp pumpkin seeds
- Essiac tea 60ml per day
- Brazil nuts a nut a day
- Cap Nano Curcumin 1 cap thrice a day
- Nutritional yeast flakes/powder 1 Tbsp a day

Flaxseed and Osteoarthritis

Arthritis is an inflammation of a joint or joints in the body. One of the most common types of arthritis is osteoarthritis or "degenerative arthritis." Often described as ageing disease or "wear and tear" arthritis, it affects more than 15 million Americans.

Osteoarthritis follows the breakdown of cartilage in a joint, eventually leading to abnormal bone changes. The role of joints is to provide flexibility, stability, support and protection to the skeleton, allowing movement of limbs and the entire body. Cartilage assists in these functions by coating the ends of the bones. In the early stages of osteoarthritis, the surface of the cartilage becomes swollen, forming tiny crevasses which hinder normal joint functioning. Inflammation may also occur in the synovium, a fluid-filled sac that surrounds the joint and provides nutrients and oxygen to the joint components. As the cartilage loses elasticity, it becomes vulnerable to further damage from repetitive use, which can cause a great deal of pain and swelling. In advanced cases, there is a complete loss of cartilage cushion between the joint and bone, which ultimately limits joint mobility. The joints most commonly affected are the knees, hips, spine, hands and toes.

Symptoms of osteoarthritis

- Pain in the affected joint after repeated use, especially later in the day.
- Swelling, pain and stiffness after long periods of inactivity, such as waking in the morning, that subsides with movement and activity.
- Continuous pain, even at rest, is a symptom of advanced osteoarthritis, when there is total loss of cartilage.
- In osteoarthritis of the spine, pain can occur in the neck or lower back. If bony spurs develop, the nerves exiting from the spine can be irritated, causing numbness, tingling and severe pain in the back or limbs. Osteoarthritis in the fingers can result in hard bony enlargements, and bunions can form at the base of the big toe if the feet are affected.

- The degree of symptoms varies among individuals. Some people become completely debilitated, while others may experience few symptoms despite the severity of their condition. Symptoms may also be intermittent, and some individuals go for long periods of time relatively symptom-free.

Lifestyle Changes

- **Lose weight** if you are overweight - it can alleviate excess mechanical stress on the affected joints.
- **Avoid intense activities** that injure or strain the joint cartilage.
- **Exercise -** This can actually be beneficial as long as it is performed at a level that does not stress the affected joints. Strengthening surrounding muscles will support and protect the joint, and physical activity helps improve and maintain joint mobility and aids weight-reduction efforts. The safest activities are swimming, stationary cycling and light weight training - which put little stress on the joints.

Dietary changes

- **Flaxseed -** Studies show that people who suffer from arthritis may benefit by consumption of omega 3 fatty acids which are found in flax seed oil. Nutrients found in flax seed oil contain anti-inflammatory agents, which can help quell the inflammation of joints that leads to aches and pains helping reduce the risk of arthritis.
- **Ginger and Turmeric -** Research has shown that the ginger and turmeric may help reduce inflammation. Regularly use ginger and turmeric. Ginger tea is a good example. Foods rich in antioxidants - plentifully found in most vegetables and fruit - may help reduce tissue damage from inflammation.

Supplements

- **Glucosamine sulfate -** Glucosamine sulfate provides the joints with the building blocks they need to help repair the natural wear on cartilage caused by everyday activities. Specifically, glucosamine sulfate provides the raw material needed by the body to manufacture a mucopolysaccharide (called glycosaminoglycan) found in cartilage. Supplemental sources are derived from shellfish. Taken in supplement form,

glucosamine may help improve the maintenance of healthy cartilage with an enhanced deposition of glycosaminoglycan.

- **Chondroitin -** Chondroitin protects the cartilage and attracts fluids that give the tissue its shock absorbing quality.
- **Evening primrose oil -** A source of gamma-linolenic acid (GLA) which may help maintain healthy joints by modifying inflammation.
- **Herbs and spices -** Ginger, holy basil, turmeric, green tea, rosemary and bosvelia serrata all have naturally occurring anti-inflammatory compounds known as COX-2 inhibitors.
- **Flaxseed Oil - which have been shown in studies to help maintain bone health and flexibility.**
- **Sauerkraut – Take a glass in a day.**
- **Wild Oregano Oil**

Joy of the Mountain – Wild Oregano Oil

Wild Oregano (Origanum Vulgare) is a perennial herb that has purple flowers and spade-shaped, olive-green leaves. The whole plant has a strong, peculiar, fragrant, balsamic odour and a warm, bitterish, aromatic taste, both of which properties are preserved even when the herb is dry. The oregano sold as a spice is either Sweet Marjoram (Origanum majorana) or Mexican Sage. Dr. Cass Ingram's book, The Cure is in the Cupboard, describes how oregano can reverse numerous ailments.

There are over 40 oregano species, but the most therapeutically beneficial is the wild oregano or Origanum Vulgare that's native to Mediterranean mountains. To obtain oregano oil, the dried flowers and leaves of the plant are harvested when the oil content of the plant is at its highest, and then distilled.

The ancient Greeks and Romans have a profound appreciation for oregano, using it for various medicinal uses. In fact, the name Origanum is derived from two Greek words, oros (mountain) and ganos (joy) – literally means joy of the mountain. It was admired as a symbol of happiness, and it was an ancient tradition to crown brides and grooms with a laurel of oregano.

Composition

Wild Oregano contains 41 antibacterial, 31 anti-inflammatory, 26 antiviral, 26 antifungal, 22 antiseptic, 6 antiparasitic, 28 antioxidant, 6 immunostimulant and 4 COX-2 inhibitor elements.

Carvacrol (a type of phenol) is one of the strongest and most effective multi-spectrum antibiotics known to man, killing 90 different pathogenic microorganisms, such as candida albicans, staphylococcus, E. coli, campylobacter, salmonella, klebsiella, the aspergillus mold, giardia, pseudomonas, and listeria.

Thymol - a natural Cox-2 inhibitor and fungicide with antiseptic properties. It boosts immunity, protects against toxins, and even prevents tissue damage and encourages healing.

Terpenes – powerful antibacterial.

Rosmarinic acid – an antioxidant and helps in treating allergic asthma, cancer and atherosclerosis. It is also a natural antihistamine that reduces fluid buildup and swelling caused by allergy.

Naringin - inhibits the growth of cancer cells and boosts the antioxidants in oregano oil.

Beta-caryophyllin (E-BCP) - this substance inhibits inflammation and is beneficial for osteoporosis, arteriosclerosis, as well as metabolic syndrome.

Nutrients like vitamins A, C, and E, calcium, magnesium, zinc, iron, potassium, manganese, copper, boron, and niacin are also found in oregano oil.

Oregano oil Fights Cancer

Oregano can assist in a holistic cancer treatment. It will not cure cancer alone but in combination with other herbs and therapies, it will boost cancer treatment effectiveness. Carvacrol has the ability to activate the natural anti-inflammatory defense.

Arthritis - relieves pain as effectively as morphine

Oregano oil relieves pain as effective as morphine. It even surpassed the ability of conventional drugs to reverse pain and inflammation.

“Less is more” applies to oregano oil

Full strength Oregano oil is too powerful for the internal or even external applications. Dilute it at least 3:1 with any good carrier

oil (olive oil or coconut oil). Do spot test before using it in liberal amounts. Dilutions range from 3:1 to 15:1 depending upon the specific use. Do not use in vagina, anus, sensitive skin areas or mucous membranes unless well diluted due to heat sensation. Normal adult dose is 2-3 drops (diluted 1 part Oregano oil : 3 parts carrier oil), 2-3 times/day. Under the tongue (mix well with saliva before swallowing) or in 4oz. juice, water or mixed into a Tsp. of honey. Drink 6-8 glasses of pure water daily to flush toxins from the blood.

Coconut Oil

The Unique Designer Fat

To date, there are over 1,500 studies proving coconut oil (Cocos nucifera) to be one of the healthiest oil on the planet. Coconut oil benefits and uses go beyond what most people realize. Coconut has long been a primary source of food throughout the tropics. Its various industrial and cosmetic applications have made it a very important commodity. Coconut oil is heat stable, resists rancidity and has a shelf life of approximately two years or more. The best coconut oil is raw, unrefined, unheated, cold-pressed, "extra virgin" and organic.

World's renowned expert of fats and oils and the chief expert at the Federal Institute for Fats Research, Germany, and Dr Johanna Budwig scientifically proved that good quality coconut oil is the best oil for high temperature cooking, e.g. frying and deep frying. **It does not change into Tran's fatty acids when heated.** She recommended only Coconut oil for cooking to her Cancer patients.

Composition

The coconut possesses a wide variety of health benefits due to its fiber and nutritional content, but it is the oil that makes it a remarkable source of food and medicine. It has definitely earned its reputation as the healthiest oil in the world despite the fact that its high saturated fat content was once falsely claimed to be unhealthy.

Coconut oil - The best source of MCFAs

Oils and fats are composed of molecules known as fatty acids. They are classified either according to saturation or based on molecular length and size of the carbon chain within each fatty acid. Monounsaturated fats and polyunsaturated fats are an example of the first class.

The second classification is based on molecular size or length of the fatty acids carbon chain. Long chains of carbon atoms consist of each fatty acid with an attached hydrogen atom. There are short chain fatty acids known as SCFA, medium chain fatty acids (MCFA) such as

coconut oil and long chain fatty acids (LCFA). The majority of fats and oils in our diet (whether unsaturated or saturated) are composed of long chain fatty acids.

Coconut oil is predominantly medium-chain fatty acid (MCFA) and the effects of the MCFA in coconut oil are distinctly different from the LCFA found in other foods. Why is this relevant? It is important because our bodies respond and metabolize each fatty acid differently. It is the MCFA found in coconut oil that makes it unique because these fatty acids do not have a negative effect on cholesterol. In fact, they are known to lower the risk of heart disease and atherosclerosis. There are only few dietary sources of MCFA, and one of the best sources is coconut oil.

But the people who are blind followers of FDA and AHA (American Heart Association) will never believe these facts because they have very narrow and tubular vision where saturation is the only criteria to judge the fats.

Medium-chain fats leave the stomach altogether unaltered and do not need any fat-splitting enzymes or gallic acid for their digestion. These designer and unique fatty acids are small and tender enough to slip easily into mitochondria – the cells' powerhouses – directly where they can then be converted to energy. Therefore, it is not true that these fats would contribute to arterial calcification. Another reason for the use of coconut fat is the fact that it helps to absorb other substances such as magnesium, calcium, certain B vitamins, fat-soluble vitamins (A, D, E and K) and even certain proteins. Around 62% of the oils in coconut are made up of these 3 healthy fatty acids and 91% of the fat in coconut oil is healthy saturated fat. These unique fats include:

- **Lauric acid**
- **Caprylic acid**
- **Capric acid**

Coconut oil has many health benefits which are attributed to the presence of lauric acid. Lauric acid is converted into a monoglyceride called monolaurin, a compound that is highly toxic to viruses, bacteria, fungus and other microorganisms because of its ability to disrupt their lipid membranes and virtually destroy them. Monolaurin is effective for treating candida albicans, fungal infections and athlete's foot.

In natural medicine, coconut fat plays an important role in the treatment of inflammation, bacterial and viral infections and even fungi. The well-known AIDS study conducted by Philippine San Lazaro Hospital showed that coconut fat is able to reduce the viral load and causes the CD4 to increase in AIDS patients. It also has positive effects in such known viruses as influenza, herpes simplex or the Epstein-Barr virus.

Breast milk is the only other source of lauric acid, which must explain the lesser incidents of infections with breast-fed infants. It has also been observed that regular consumption of coconut oil boosts immunity and reduces incidences of sickness.

Health benefits

Hair Care - The unique MCFAs in coconut oil pass freely into the hair's cell membrane, allowing for the oil to penetrate the hair's shaft; this literally does the deep conditioning from within.

Massaging the oil into the scalp can offer relief from dandruff. Dandruff is caused by dry skin or fungal condition that reached the scalp. With regular use, coconut oil can kill the fungus and eliminate dandruff issues.

Skin Care - Coconut oil is an excellent skin conditioner containing MCFAs, naturally occurring fats which deeply penetrate, moisturize and acts as a protective barrier against environmental and free radical damage. The oil also provides sun protection by screening 20 percent of ultraviolet exposure.

Coconut oil is rich in anti-oxidants and the natural antibacterial agent's caphrylic and capric acids. Its ability to smooth the skin while infusing with anti-oxidants makes it a perfect anti-aging moisturizer. Moreover, it contains vitamin E, another antioxidant popular for hastening the recovery of skin abrasions, burns and other trauma.

Weight Loss - Medium-chain fatty acids found in coconut oil can speed up metabolism three times faster than long-chain fatty acids because they are easily digested and converted into energy.

Hypothyroidism – Coconut oil has been found to be very helpful for people who have hypothyroidism. It has been scientifically proved to increase metabolism, encourages weight loss, increases body temperature, relieves constipation and behaves as an antioxidant.

Thyroid patients often experience muscle and joint pain due to inflammation from unbalanced hormone levels. Coconut oil naturally suppresses inflammation and helps to repair tissues and fight pain.

Low thyroid hormones in the body can cause dry skin. coconut oil helps to restore the lost moisture and improve skin health. A thyroid disorder can also affect the hair follicles. Lauric acid provides the protein required by hair to stay healthy and strong, to reduce hair loss. Use extra virgin and organic Coconut oil. The amount varies between 3 to 6 tablespoons a day.

It should be noted that ninety-three percent of American soy is GMO. This highly processed soy has been linked to **thyroid damage and hormone disruption** due to its large quantities of estrogen-like compounds called phytoestrogens.

Natural remedy for Pneumonia - In a study presented before The American College of Chest Physicians on October 29, 2008, coconut oil was found to offer pneumonia patients faster and more complete relief from symptoms.

Diabetes, Heart Disease and Cholesterol levels - In a study made on women subjects ranging from 20 to 40 years old, half of the subjects were instructed to take a 30 ml soybean oil supplement while the other half were instructed to take a 30 ml coconut oil supplement while maintaining moderate exercise routine over a 12 week period. Results of the study showed that although both group of women had a decrease in body mass index (BMI), only the women who were taking coconut oil showed a notable decease in waist circumference significantly lowering the risk of conditions like type II diabetes and heart disease.

Furthermore, the study also showed that the subjects who experienced an improvement in their cholesterol profile along with higher HDL levels and higher HDL/LDL ratio were the ones taking coconut oil. That taking soybean oil did not receive the same benefits but reflected higher total cholesterol as well as higher LDL cholesterol, lower HDL cholesterol and a lower HDL/LDL ratio.

Bone health and Chronic fatigue - Coconut oil help prevent osteoporosis because it helps in the nutrient absorption of minerals such as calcium and magnesium - important minerals that fight osteoporosis.

Moreover, the MCFAs in coconut oil produce energy rather than body fat, thereby improving metabolism and preventing fatigue.

Alzheimer's Disease - Dr. Mary Newport gave her husband 1 tbsp. of coconut oil twice a day for a month and a half and saw him almost completely recovered from dementia.

Plethora of others health benefits:

- Protects against cancer, HIV and other infectious diseases
- Kills bacteria and parasites like tape worm and liver flukes
- Eases acid reflux, aids in proper bowel function
- Lowers incidence of hemorrhoids
- Heals and relieves intestinal problems
- Soothes earaches
- Deals with symptoms connected with prostate enlargement
- Strengthens the liver and protects against degeneration
- Reduces incidence of epileptic seizures
- Reduces joint and muscle inflammation
- Eases neuropathies and itching from diabetes.

Dose of Coconut Oil to enjoy its benefits

There is no real dose of recommended coconut oil, but research has shown that one should consume several grams of lauric acid, or at least **1 tbsp of coconut oil, every day**. Certainly 10 g to 20 g of lauric acid taken daily can be a benefit to health. Coconut oil contains 50 percent lauric acid, so taking 1 tablespoon of coconut oil per day will provide you with 7g lauric acid. An appropriate dose should therefore be in the region of one to three tablespoons daily.

Sauerkraut

Gut health is the hottest topic of discussion right now in the community. Eating foods that support your gut's healthy bacteria is widely believed to be the key to better health in all aspects: better energy, immunity, mood, digestion, sleep…the list goes on. The sauerkraut, fermented cabbage, is a probiotic food that offers us a ton of health benefits. *It is believed that the Indian women had been waiting 2,000 years for the sauerkraut.*

What are sauerkraut's benefits?

Yes, it's good for your gut. This is the major reason why healthy eaters are so into sauerkraut. Sauerkraut also contains dietary fiber which aids digestion, balances blood sugar, and may help lower cholesterol. Adding fiber to your meal also makes it more satisfying and keeps you full for longer. Cabbage has the very good fiber support with very low calories.

Immunity

It's good for your immune system. This is one of 'kraut's benefits that's largely overlooked. Sauerkraut is high in vitamin C, which is essential for supporting the immune system.

Heart & Bone Health

It's a good source of vitamin K_2. This is another often overlooked benefit of the fermented cabbage. It bolsters bone health and heart health.

Heals and Rejuvenates Digestive System

Sauerkraut is easy to digest. Sauerkraut naturally contains enzymes that make the actual digestion process a bit easier. People with IBS may find that sauerkraut and probiotic foods help heal and alleviate uncomfortable digestive symptoms such as cramps, bloating, and gas.

Sauerkraut juice helping heal stomach ulcers, but more recent studies have looked that this food heals the stomach and digestive tract

as a whole. Cabbage contains nutrients of potential benefit to our stomach and intestinal linings. Sauerkraut contains natural ingredients acting like drugs used in ulcer treatment. A glass of fresh cabbage or sauerkraut juice can be especially good for stomach ulcers. These nutrients are:

a) **L-glutamine** is a non-essential amino acid that is preferentially used as a source of energy by gut cells. It is claimed to have protective effects in the gastrointestinal mucosa and in the liver.
b) **S-methylmethionine** is a derivative of methionine and is sometimes referred to as vitamin U. The term was coined in 1950 by Garnett Cheney for uncharacterized anti-ulcerogenic factors in sauerkraut and cabbage juice that may help speed healing of peptic ulcers.
c) **Glucosinolates** are converted to anti-inflammatory isothiocyanates in your body. These beneficial compounds control the H. pylori bacteria inside your stomach that contribute to peptic ulcers.
d) **Gefarnate compound** is a water insoluble terpene fatty acid, facilitates the healing and function of gastric mucosal tissue.

Trump Card in Cancer Treatment

It could reduce the risk of cancer. Both sauerkraut and cabbage are good sources of glucosinolates and ascorbigen, which are cancer-fighting compounds. “Sauerkraut and cabbage contain sulforaphane, a compound that may block HDAC enzymes, which is an enzyme class involved in cancer development.

The famous Roman statesman, **Marcus Porcius Cato the Elder** (234 BC to 149 BC) was was a self-reliant farmer who became a legend for strengthening his people and society two centuries before Rome became an empire. He told us that carcinomas are incurable except with the treatment with sauerkraut.

Brain Health

Sauerkraut could be good for brain health. As a fermented food, sauerkraut may support mental health. The gut and brain are closely connected and there is emerging research that probiotic foods, including sauerkraut, may help improve memory, support cognition, and alleviate symptoms of stress and anxiety.

Okay, so it's pretty clear that sauerkraut can benefit the body in a lot of ways. But there's a caveat to all of this: not everything you see on store shelves is nutrient-dense. If a sauerkraut product contains vinegar and is pasteurized, it does not offer much probiotic benefits. The beneficial bacteria is killed off by the high heat during the pasteurization process. Home-made sauerkraut is always best.

My video Sauerkraut - Make your own (English)

https://www.youtube.com/watch?v=7bwnpPyqGbs&t=110s

My books available at Amazon.in and Pothi.com

Awesome Flax - https://www.amazon.in/Awesome-Flax-Book-Guru-ebook/dp/B00PUUIR0K/

Cancer - Cause and Cure - https://www.amazon.in/Cancer-Cause-Cure-P-Verma/dp/1505299470/

Budwig Protocol - https://pothi.com/pothi/book/dr-o-p-verma-budwig-protocol

Cancer Cure Is Found - https://pothi.com/pothi/book/dr-o-p-verma-cancer-cure-found

Essentials Of Lung Cancer - https://pothi.com/pothi/book/dr-om-verma-essentials-lung-cancer

Multiple Myeloma New Horizon - https://pothi.com/pothi/book/dr-o-p-verma-multiple-myeloma-new-horizon

Understanding Breast Cancer - https://pothi.com/pothi/book/dr-o-p-verma-understanding-breast-cancer

Secrets of Success - https://pothi.com/pothi/book/dr-o-p-verma-secrets-success

Dawne Ulvano healed her cancer in 9 months

Hello, my name is Dawne and I live in United States. I am here to share with you my cancer experience and how Dr. Verma's book "CANCER CAUSE AND CURE", really helped me along my journey. Then finally after I had gotten that good news, I came across a very important book. It is besides my Bible my Creator's word, I consider this my second Bible. The Second most important book in my life and we all know that doctor who wrote this. This is very important to me, it is called the "CANCER CAUSE AND CURE" and this book really pulled it all together for me. It saved my life. It saved my sanity.

I had cancer that's the first thing that came into my head "Budwig" and I read one of Dr. Budwig's book. And it helped me learn a lot about what I am supposed to do, but Dr. Verma's book made it just a little bit easier to understand because he explains a lot. I was doing the Budwig but I was not doing it quite right, my timing was off. So his book showed me how I am supposed to do it and I got the timing right and another thing with Dr. Verma, I thank you so much for being on Facebook because whenever I had questions, I was able to ask him you know specific questions there and he was so gracious to answer my questions. You know a lot of things when you start doing the Budwig and don't have correct information, you don't really understand how you are supposed to do it correct. Lot of people don't do sauerkraut juice, lot of people don't do teas and champagne. I started to understand this and I made it part of my protocol.

And lot of another thing was that the western medicine doctors here tell you "stay out of the sun ", the sun is bad for you, causes cancer. Budwig didn't say that. She said you needed it. You need the sun, it is important. And Dr. Verma's book, you know, reiterates that and lot of other therapies that I didn't know about. Some therapies that I was doing was the enemas and again I was not doing it quite right until I got Dr. Verma's book. It explained to me the hows and what I needed to do. I also learned about soaks through his book, bath soaks on how to do it, how long to do it and what you should be putting in your bath tub. And the whys, why it is important to do these bath soaks? And other things that I learned were about supplements, how important they were. And foods, staying away from meats. I used to be a big meat eater. Not anymore, no thank you, no no no. Not especially here in

United States what they do to the meat industry does to the food and the processed food I have sworn off meat and I eat raw vegetables, fruits, nuts and seeds. That is the base of my diet.

And another thing is not just in the cancer, with diabetes. I am type 2 diabetes. I've always been told that I will never stop type 2 diabetes. I used to take insulin and I used to take pills. With the diet I am on and the ways that I followed the CANCER CAUSE AND CURE book, I no longer have to take medicines for diabetes, also no longer high cholesterol. So the book is been wonderful as far as helping me with cancer but helping me with my other issues. I also learned to do the mental exercises that the book covers and physical exercises. But the exercises that they talk in the book taught me how to do things to help with my cancer, how to get the lymph nodes cleared, how to get lymph system moving. And also meditation, I never meditated in my life. And I realize the importance of meditation because of what he wrote in his book.

One of the things about The CANCER CAUSE AND CURE book is that you gain an immediate understanding of what you got to do. And it put it all together for me, like I said the first three months I was doing it on my own but once I got the book I followed exactly what it said. I noticed a big difference. First of all I was so calm, I was so relaxed and I put a lot of faith into the book. I now I know I put my faith in the right place. This book, you know teaches you how to make the time your friend and the first three months, time was not my friend. I felt like time was against me. With the book I got to use my time wisely. I didn't waste any more time on research.

Once I got the CANCER CAUSE AND CURE book that was the end of my research.. So Dr. Verma, from the bottom of my heart, to the top of my heart and through all my heart I thank you. I thank you so much for saving my sanity and saving my life. Because the tests that are coming back keep showing that everything is good. It has been since May and now its November and I have had two tests in between my blood is still clean there is no tumor and there are no swollen lymph nodes and I thank you. Thank you for being there, thank you for writing the book. So with that I will say farewell.

Contact us

Please, contact me if you need any information, help and support regarding Budwig Protocol, Diabetes and Arthritis Treatment, Sauerkraut, Flax seed etc. We also sell Flax seed oil and other products mentioned in this book, Sauerkraut, and the treatment material required for Budwig Protocol.

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Budwig Cancer Therapy

Documented 90% success in all types of Cancers, and this was achieved even in cases, which were rejected by Allopathic doctors.

Budwig Protocol is the best alternative treatment for cancer. It targets upon the prime cause of the cancer. Prime cause of the cancer is lack of oxygen in the cells, as discovered by Dr Otto Warburg in 1931 and was awarded Noble Prize. He proposed that sulfur containing protein (found in cheese) and some unknown fat is required to attract oxygen into the cells. He thought it would be butyric acid and made experiment, but this attempt was a failure. For many decades scientists were trying to identify this unknown and mysterious fat but nobody succeeded.

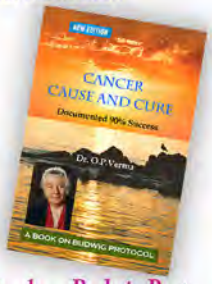
Then in 1949, Dr Johanna Budwig developed Paper Chromatography to identify fats. With this technique she could prove that electron rich highly unsaturated Linoleic and Linolenic fatty acids (flax oil being the richest source) were the mysterious and undiscovered decisive fats required to attract oxygen into the cells, which Otto Warburg could not find. She studied the electromagnetic function of pi-electrons of the linolenic acid in the cell membranes and showed us how they attract oxygen into the cells.

She wanted to develop a healing program for cancer. So she enrolled over 642 cancer patients and she gave Flax oil and Cottage Cheese to these patients. After just three months, patients began to improve in health and strength, tumors gradually receded. This was a great miracle.

This way she developed a simple cure for cancer, based on the consumption of Flax oil with low fat Quark or cottage cheese, raw organic diet, mild exercise, flax oil massage and the healing powers of the sun. She treated approx. 2500 cancer patients during last few decades. Her success was over 90% in all cancers and this was achieved in cases, which were rejected by Allopathic doctors.

We treat all cancer patients and provide you best qulity flax seed oil, sauerkraut, herbs, and other treatment material required. You may cantact us for further information and details about this great cancer cure.

Cancer is weak, vulnerable and easily curable, we teach you how?



Best book on Budwig Protocol

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Matrix.... Reimprinting

Rewrite your past transform your future

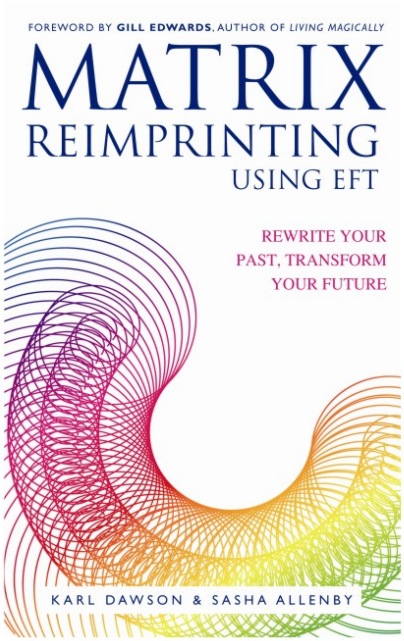
Matrix Reimprinting is a brand new cutting edge healing modality that everybody is talking about. In 2006, Karl Dawson, one of only 29 EFT Masters worldwide created this therapy, that has evolved from EFT. It is effective treatment for emotional or physical issues; it can also be used to manifest your goals and dreams.

Like its predecessors, Matrix Reimprinting also uses the meridian system that has been used in EFT. EFT was developed by Gary Crag and has a long and impressive history of resolving physical and emotional issues. In EFT you focus and verbalize an issue that you want to work with. At the same time you tap on the meridians points with your fingers, and this releases stress and trauma from the body's energy system, allowing the body-mind to return to a healthy physical and emotional state.

In Matrix Reimprinting we see these past negative memories as being held as pictures or holograms in your body-field. Until you discover the belief that was formed in the memories and transform them, you keep subconsciously recreating situations that strengthen these beliefs and thus continue affecting your health and wellbeing, often until a point of crisis is reached. Discovering the belief and then changing the pictures within the memories creates both physical and emotional healing, and enables you to attract more positive experiences into your life. And by tapping on the meridians of the body at the same time, the process is accelerated.

History of Matrix Reimprinting

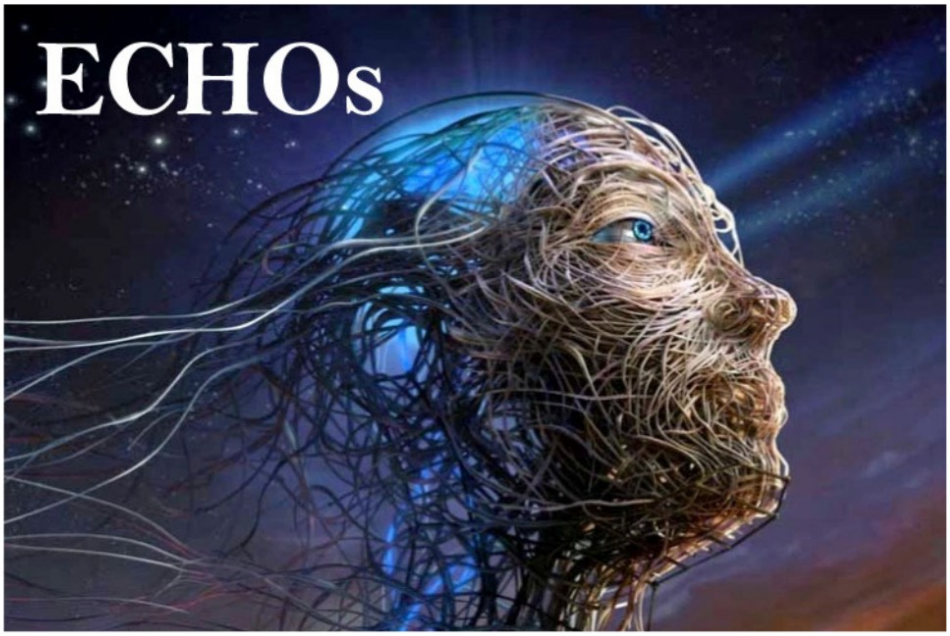
In 2006, Karl was teaching EFT in Australia. While working on a Client, he was making very slow progress. So he asked the participant, "Can you see that little girl, your younger-self, as a picture in the memory?" The client replied, "I can see her so clearly that I can tap on her." So Karl suggested the client to tap on her little-self in the memory, while he continued to tap on her. She had amazingly fast resolution, and thus Matrix Reimprinting was born!



What are ECHOs?

When we experience severe trauma, a part of us splits off to protect us from it. These dissociated energetic parts are called 'Energetic Consciousness Holograms', or 'ECHOs' for short. These 'ECHOs' stay outside our body-mind, and are actually held in our local fields or matrix. At the same time another part of us relives it over and over again, below the threshold of awareness, so it is as if the trauma has never really ended for us.

The ECHOs contains all the information about the traumatic event and that event is numbed out from our consciousness as if it never happened. But it lives on in the images of our subconscious and dictates our response to future situations. Similar events will trigger a similar response and so we suffer stress, anxiety, phobias, and so on.



Difference between EFT and Matrix Reimprinting?

If EFT is a single story house, then Matrix Reimprinting is like a multi-storey building. In EFT you can take the charge out of a traumatic memory, but the memory still remains the same. With Matrix Reimprinting, though you still use the EFT tapping points, but you can actually erase the bad memory that is bothering you and you write a new positive script or you simply rewrite the memory. You can go back to any point in time, do whatever you wished you had done, bring in new resources and new people, and transform the picture you have of that memory. So Matrix Reimprinting is more empowering.

How Matrix Reimprinting works?

In 1944, Max Planck, known as father of quantum theory, shocked the world by his bold statement that there is a 'matrix' of energy that provides the blueprint for our physical world. In recent years Lynne McTaggart has referred to it as 'The Field'. Gregg Braden has talked of the 'Divine Matrix', while Rupert Sheldrake used the word 'Morphic Fields'.

To understand how Matrix Reimprinting works, you will need to know the modern theories of quantum physics. According to quantum theory, we are all comprised of energy, and are all connected by a unified energy field. We hold our specific traumas and stressful life experiences in the matrix and they influence our every thought pattern, behavior and action.

But in order to practice Matrix Reimprinting understand the following principles:

1. We are all made up of energy that vibrates so fast we appear as solid matter.
2. We are linked by a web of energy, the Matrix that connects us all.
3. We send our thoughts out into the Matrix and those thoughts are attracted back to us as life experiences.
4. We can change how we experience life by changing the pictures in the Matrix.

Indications

Matrix Reimprinting can be applied in a variety of conditions including the following:

- Addictions
- Phobias
- Allergies
- Negative core-beliefs
- Birth traumas
- Relationships issues

You can even work with past-lives and future selves, and also enhance your work with the Law of Attraction.

Matrix Reimprinting also applied with other healing modalities such as life coaching, hypnotherapy, counseling, psychotherapy, all types of bodywork and energy work, and so on.

Steps of Matrix Reimprinting

For maximum benefit it is suggested that you take a session with a Matrix Reimprinting Practitioner. The steps below outline the process which can be amended if you were using Matrix Reimprinting by yourself.

Step 1: Identify the Presenting Issue

Perhaps there is some specific event you wish to work on, or an emotion in the body. Identify with this, feel it, the more prominent it is, the easier it will be to trace back to an appropriate memory. Your practitioner would ask "Where is this in the body? Does it have a shape or color? How intense is it? What is the emotion? How else could you describe it?"

MATRIX rePRINTING
Rewrite your past Transform your future
In Matrix reimprinting you actually go into the picture and freeze everything except the ECHO. Then introduce yourself to your younger self or the ECHO and tell her that you came there to help her. Tap on her and ask her how she would like to change the picture she is in to make it better. Once she is happy with the new picture reimprint it in the memory.
If we have trauma, the part of us splits off and form separate energetic reality outside body-mind called ECHOs. They hold the energy ofthe trauma for protecting us.

Step 2: Start Tapping

In the same way as an EFT session - start tapping on the karate chop. Your practitioner would have you repeat a set up statement 'Even though....' And then, smaller statements as the other points are systematically worked through.

Step 3: Getting to the Memory

Whilst tapping your practitioner would guide you to a related memory, by asking something like "When was the first time you experienced this?" Often an image of a younger-self (ECHO) just pops up whilst tapping. It has to be a specific memory and must be seen or sensed.

Step 4: Meet the ECHO

The practitioner may ask what is going on in the memory. At this point it is time to step into the memory as the adult-self (helper) and it is therefore vital to stay disassociated and separated. Introduce yourself to the ECHO (silently or loud); something like "I'm you from the future and I'm here to help you" and as soon as possible start tapping on the ECHO in your mind (this immediately ends the isolation the ECHO is feeling). If you are with a practitioner he will start tapping on you, if not then tap on yourself.

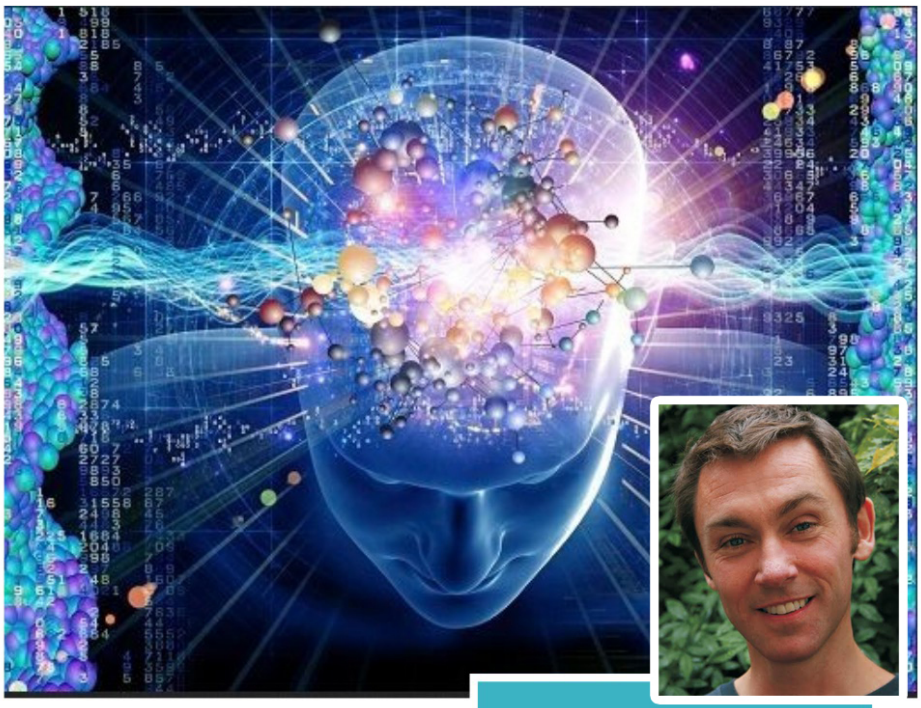
Step 5: Feeling emotions and discovering the belief

The memory may become stronger along with emotions. It may feel relevant to freeze other people in the memory. It is important that all answers come from the ECHO. The first stage will be to find out what the ECHO is feeling and then via tapping and words of comfort to the ECHO bring down the emotion. It is quite often they are frozen in fear. At some point, you may ask the ECHO "What did you learn about life from this experience?" or "What did you decide about life, or about yourself from this?" This is discovering the belief, a key part and often followed by a cathartic release.

Step 6: Resourcing

Once the emotional distress is cleared, ask your ECHO how she would like to change the picture, she is in to make it better. The idea is to develop a positive new picture that reverses whatever negative event she has stated. Other resources and people can be brought in, however try not to create a totally different memory that has no relevance to the initial memory. Keep improving the image until the ECHO says nothing else is missing that would make it better.

Step 7: Reimprint the Image



Once the image has reached a 10 out of 10, take in all of the sights, sounds, smells, colors, light, and the good feelings and bring it into your:

1. Mind/brain
2. Body (into every cell)
3. Heart, and from there with your hand on your heart send/stream/radiate it out in all directions at once to the universe and beyond.

Step 8: Test the Memory

After the new picture is reimprinted and open your eyes for a moment, then close them. Then revisit the memory and see what's there.

Did the original bad event change? Is there any remaining intensity? If so, go back in again and do some more work.

Step 9: Revisit the Memory

After a session, give yourself 2-3 days to settle in after the session. Return to the new memory a few times and radiate it out from your heart. Every time you go back to the memory, it gets stronger.

David Rees
Spiritual Master,
Teacher and Healer

'David Rees is an international holistic healer, therapist and teacher who utilizes various methods including Matrix Reimprinting. In Dec., 2014, I met him at a Spiritual retreat in Maa Yogashram, Rishikesh. He introduced me to this great technique. For more information visit matrix reimprinting.com and for David Rees davidreeshealing.com

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CELL PHONE, TOWER RADIATION

HAZARDS AND SOLUTIONS

CELL PHONE, TOWER RADIATION HAZARDS AND SOLUTIONS

Advantages and Disadvantages of Cell Phone Technology

Cell phone technology has revolutionized the telecommunication scenario in India. It was started in 1995 and due to its several advantages, cell phone technology has grown rapidly in the last two decades. There are more than 100 crore cell phone subscribers and nearly 6 lakh cell phone towers. The numbers of cell phones and cell towers are increasing without giving due respect to its disadvantages. All over the world, people have been debating about associated health hazards due to radiation from cell phones and cell towers.

Girish Kumar received Ph.D. degree in Electrical Engineering from IIT Kanpur in 1983. From 1983 to 1985, he was a Research Associate in the Electrical Engineering Department, Univ. of Manitoba, Winnipeg, Canada. From 1985 to 1991, he was an Assistant Professor in the Electrical Engineering Department, Univ. of North Dakota, Grand Forks, USA. Since 1991, he is at IIT Bombay, where he is currently a Professor in the Electrical Engineering Department. His areas of interest are: Antennas, Microwave Circuits and Systems. He has written more than 270 papers in the international and national journals and conference proceedings. He is author of the two books and has filed 5 patents.

He has been working on hazards of microwave radiation for the last one decade. Has written several reports and given presentations at various forums on the topic related to Cell Phone and Tower Radiation Hazards and Solutions.

He is also chairman of the company "Wilcom Technologies Pvt. Ltd.", which is an IIT Bombay incubated company formed through Society for Innovation and Entrepreneurship (SINE).

Radiation from Cell Phone

A cell phone transmits 1 to 2 Watt of power in the frequency range of 824 - 849 MHz (CDMA), 890 - 915 MHz (GSM900), 1710 - 1780 MHz (GSM1800), 1920 - 1980 MHz (3G) and 2300 - 2400 MHz (4G). The radiation from a cell phone is defined by its SAR (Specific Absorption Rate) value. In USA, SAR limit for cell phones is 1.6W/Kg which is actually for 6 minutes per day usage. It has a safety margin of 3 to 4, so a person should not use cell phone for more than 18 to 24 minutes per day. This information is not commonly known to the people in India, so crores of people use cell phones for more than an hour per day without realizing the health problems.

Interphone study report in May 2010 mentioned that excessive users of mobile phones (i.e., 1/2 hour/day over 8 to 10 years) have doubled to quadrupled brain tumor risk. On May 31, 2011, International Agency for Research in Cancer (IARC), part of WHO (World Health Organization), designated cell phones as "Possible Human Carcinogen" (Class 2B). They found evidence of increase in glioma and acoustic neuroma brain cancer for excessive cell phone users. Children are at higher risk than adults due to the fact that their skulls are thinner and still developing. Due to these reasons, countries like Belgium, France, Finland, Germany, Russia and Israel have publicly discouraged use of cell phones by children. Prolong use of cell phones leads to several other health hazards, such as, sleep disorder, headache, lack of concentration, memory loss, ear and eyes problems, irreversible infertility, DNA damage, cancer risk, etc. For example, people have experienced that their ear gets warm after about 20 minutes of use of cell phone. It is because microwave radiation from cell phone heats the blood in the ear lobe. This leads to pain in the ear, hearing loss and ear tumor.

RF Exposure information for iPhone 7: To reduce exposure to RF energy, use a hands-free option, such as the built-in speakerphone, the supplied headphones, or other similar accessories. Carry iPhone at least 5mm away from your body to ensure exposure levels remain at or below the as-tested levels (www.apple.com/legal/rfexposure/iphone9,1/en/).

This does not mean that we have to stop using cell phones. One can take some of the following precautions:

- Limit the use of cell phones
- Talk for short duration
- If possible, use SMS
- Use cell phone with lower SAR value
- Can use speakerphone or wired hands free or Bluetooth, but keep cell phone at a distance of at least 30cm from your body
- Use land-line phone when available
- Do not keep cell phones in your hand/pocket for long.
- At home/office, keep cell phone away from you.

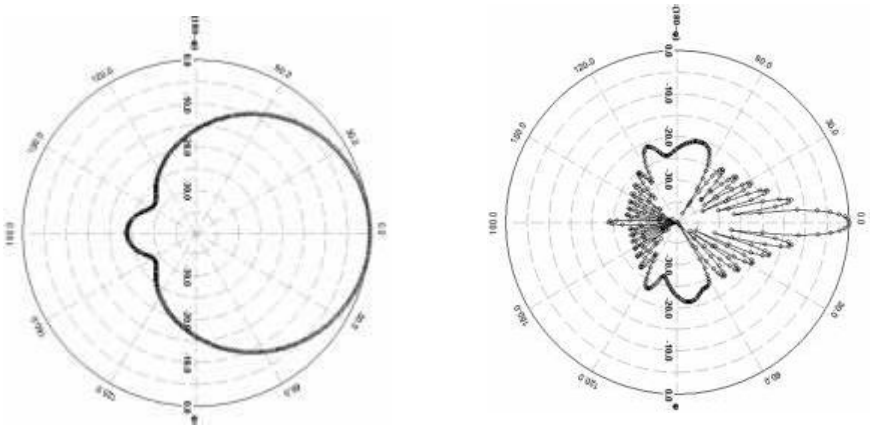
Govt. must warn people that there are several health hazards associated with overuse of cell phones. It must be posted on various websites, published in newspapers in various languages, advertised in the TV, etc.

Radiation from Cell Towers

Cell tower antennas transmit in the frequency range of 869 - 894 MHz (CDMA), 935 - 960 MHz (GSM900), 1810 - 1880 MHz (GSM1800), 2110 - 2170 MHz (3G) and 2300 - 2400 MHz (4G). Majority of these towers are mounted near the residential and office buildings to provide good mobile phone coverage to the users. In India, a cellular operator is allowed to transmit 20W of power per carrier frequency and each operator may have 2 to 6 allocated carrier frequencies. There may be antennas of 3 to 4 operators on the same roof top or tower, thereby total transmitted power may be 100 to 400W. These antennas transmit radiation 24x7, so people living within 10 to 100 meters from the tower will receive 10,000 to 10,000,000 times stronger signal than required for mobile communication. In India, crores of people reside within these high radiation zones.

Radiation pattern of a typical GSM900 transmitting antenna in the horizontal and vertical planes is shown in Fig. 1. For the main lobe, beam is wide in the horizontal direction and narrow in the vertical direction. There are several side lobes in the vertical pattern.

At many places, cell phone towers are mounted on the roof top of residential /commercial buildings. Even though antenna radiates less power vertically down but the distance between the antenna and top floor is usually a few meters. Since power density varies as 1/R2, so compared to someone living in the front direction at 50m, the distance may be less than 5 meters at the top floor, so the radiation density will be 100 times more from distance point of view. Hence, overall radiation levels remain very high at the top floor or in the near vicinity of back side of the wall.



(a) (b)

Fig. 1 - (a) Horizontal and (b) Vertical radiation pattern of a typical GSM900 antenna

Radiation Norms Adopted in Different Countries

In India, we had adopted radiation norms given by ICNIRP guidelines of 1998 for safe power density of f/200, where frequency (f) is in MHz. Hence, for GSM900 transmitting band (935-960 MHz), power density is 4.7W/m2 and for GSM1800 transmitting band (1810-1880 MHz), it is 9.2W/m2. The ICNIRP guidelines clearly state it is for short term exposure, which is averaged over 6 minutes. From Sep. 1, 2012, India has adopted 1/10th of ICNIRP guidelines based on Inter-Ministerial Committee (IMC) Report of Jan. 2011, which is still very high as described below. Some of the people (especially older people, house wives, small children) living near the towers are exposed to this radiation 24 hours a day.

Bio-Initiative Report in 2007 prepared by a group of independent scientists concluded after reviewing 2000 scientific/technical papers that the existing standards for public safety are inadequate to protect public health and proposed 0.1mW/m2 for indoor, cumulative RF exposure. Bio-Initiative Report of 2012 has reported with certainty adverse effects and given additional 1800 references (www.bioinitiative.org). Cell phone/tower industry criticized the report citing other reports and references. However, Bio-Initiative Reports of 2007 and 2012 are the most authentic reports on this subject, giving references of 3800 research papers, written by more than 1000 scientists, reviewed by equally large number of experts and published in the prestigious journals.

Guideline of the Austrian Medical Association for the diagnosis and treatment of EMF related health problems adopted on 3rd March 2012 in Vienna are.

Over 100 physicians and scientists at Harvard and Boston University Schools of Public Health have called cellular towers a radiation hazard. And, 33 delegate physicians from 7 countries have declared cell phone towers a "public health emergency". Many countries in the world have adopted much stricter maximum radiation density values of 1 to 24 mW/ m2. The people in these countries have studied extensively the health hazards of cell tower radiation to adopt stricter radiation norms.

Biological Effects of Microwave Radiation

Human body consists of 70% liquid and brain contains 80% liquid. When a human body is exposed to microwave radiation from cell phone and cell tower, it penetrates the skin and at a frequency of 900 MHz, water (including blood, fluid, etc.) molecules vibrate at a speed of 900 million times per second, which creates friction, damages DNA and also leads to heating. This heating is from inside to outside and the heat is trapped inside the human body with no escape through the skin. Also, affect of microwave radiation is cumulative in nature and the harmful effects are noticed after a few months to a few years depending upon the intensity of the radiation. Microwave absorption effect is much more significant by the body parts, which contain more fluid (water, blood, etc.). Effect is more pronounced where the movement of the fluid is less, for example, eyes, brain, joints, heart, abdomen, etc.

There are several health hazards associated with cell phones and cell towers. Some of these are: Sleep disorder, headache, irritation, lack of concentration, memory loss, ear and eyes problems, irreversible infertility, miscarriage, DNA damage, increase in cancer risk, etc. Figure 2 shows various health hazards at power density levels of 1 to 10 mW/m2.

There have been several epidemiological studies of people living near cell phone antennas in Spain, Netherlands, Israel, Germany, Egypt, Austria, Brazil, etc. All these studies documents adverse health effects at exposures much lesser than ICNIRP guidelines. In India, there have been several clusters of cancer cases in Mumbai, Jaipur, Delhi, and other cities. In addition, large number of people living in the vicinity of cell towers are complaining about headaches, sleep disorder, memory loss, miscarriage, infertility, etc.

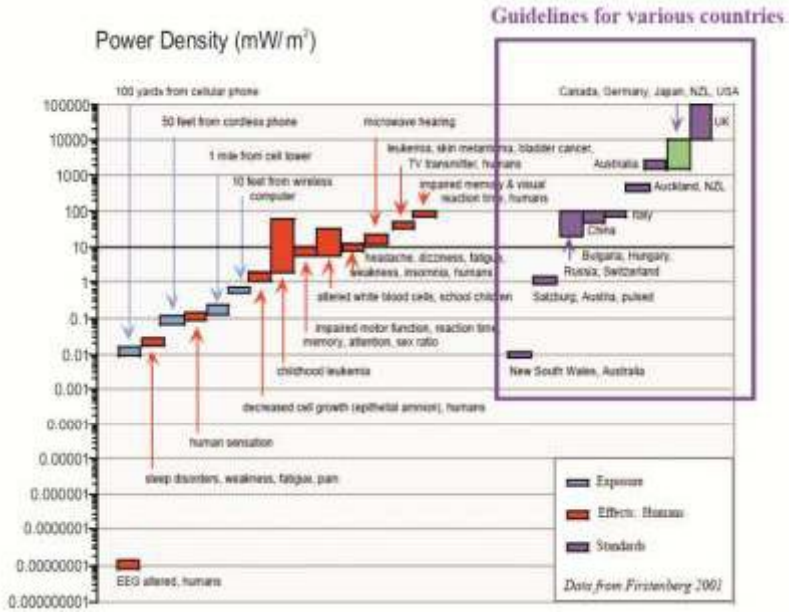


Figure 2: Guidelines, exposures and effects of radio frequency radiation at various power densities. (Reference: Data from Firstenberg 2001. Diagram was prepared by Dr. Magda Havas, Trent University, Canada)

Adverse Effect on Birds, Animals, Trees and Environment

Electromagnetic radiation from cell phone and cell tower affects the birds, animals, plant and environment. Ten eminent scientists of India have submitted a report on "Possible Impacts of Communication Towers on wildlife including birds and bees", to the Environment Minister in Nov. 2011. They have given 919 technical/scientific references. Out of 919 research studies collected, 593 papers reported there is an adverse impact, 130 papers reported there is no Impact and 196 papers reported neutral or inconclusive impact. Sparrow and honey bee population is going down. Dairy people have mentioned that milk yield of their cows has significantly reduced after installation of the towers in the vicinity. Many people have reported serious health problems to their domestic animals living near cell towers.

Electromagnetic radiation emanating from cell towers can also affect vegetables, crops and plants in its vicinity. Studies show definitive clues that cell phone EMF can choke seeds, inhibit germination and root growth, thereby affecting the overall growth of agricultural crops and plants. Fruit yield of the trees has gone down substantially in the vicinity of cell towers due to high radiation.

Solutions

There are several health hazards due to high radiation from the cell towers to the human, birds, animals, trees and environment. From Sep. 1, 2012, India has adopted 1/10th of the ICNIRP norms, i.e., 920 mW/m2 for GSM1800 for 24x7 exposure, which is very high. It should be reduced to less than 1 mW/m^2. It is recommended that the power transmitted must be reduced to max. 1 to 2W in the densely populated area to protect the health of the people. Solution is to have more numbers of cell towers with lesser transmitted power. If low power transmitters are used, then number of towers and/or repeaters will increase considerably, which will increase the cost of network deployment. However, health is more important than the wealth. Health is a fundamental right of citizen of India.

Cell phone industry is becoming another cigarette industry, which kept claiming that smoking is not harmful and now there are millions of people around the world, who have suffered from smoking. In fact, cell phone/tower radiation is worse than smoking; as one cannot see it or smell it, and its effect on health is noted after a long period of exposure.

In addition to the continuous radiation from cell towers, there is radiation from cell phones, wireless phones, Wi-Fi, computers, laptops, TV towers, FM towers, AM towers, microwave ovens, etc. We are exposed to all these radiations, which are additive in nature. Radiation Pollution should be considered as 4th pollution in addition to water, air and noise pollutions. People should unite to convince the Govt. to adopt stricter radiation norms to protect people, birds, animals, trees, plants, etc.

CELL PHONE a FRIEND or FOE

Not very long ago, cell phone was a luxury of elite people, but today, it has become a necessary tool for connecting people and reaching even the bottom of the society. Today it is hard to imagine our life without a cell phone. There are 7.4 billion subscribers worldwide and 1.053 billion subscribers in India as on August 31, 2016. Wherever you look, people are holding cell phones in their hands or pockets, just as Lord Krishna used to wear Sudarshan Chakra on his index finger. Mukesh Ambani played a great role in spreading the Cell phone revolution in India. His slogan "Carlo dunia mutthi mein" was very popular and made him the richest man of India. Recently, he launched the much-awaited Reliance Jio 4G services and called it an effort to fulfill the Digital India dream of Prime Minister Narendra Modi.

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History

Motorola was the first company to introduce a handheld cell phone. On April 3, 1973, Martin Cooper (December 26, 1928, in Chicago, Illinois, USA), researcher and executive at Motorola, stood on Manhattan street and placed the world's first call from a cell phone to Dr. Joel S. Engel of Bell Labs. The phone used by Cooper weighed 1.1 kg and measured 23x13x4.45 cm and offered a talk time of just 30 minutes and took 10 hours to re-charge. He is Founder & CEO of Array Comm and Dyna LLC. Motorola Company launched the first cell phone services in the US in 1983. While India's first cell phone service was launched by Modi Telstra Mobilenet Company in West Bengal, on July 31, 1995 and was inaugurated by the Chief Minister. The costliest smart phone available today is Apple iPhone FALCON Super Nova with 18 karat gold casing with a huge diamond on the back. It costs $110.5 Million, which is around Rs. 681 crores.

The Risk of Cell Phones

Cell phones transmit electromagnetic radiation in the microwave range (450-2100 MHz). Microwaves are electromagnetic or radio waves, travel at the speed of light. Their frequency is usually 1900 MHz, that means they oscillate at millions to billions cycles per second. Cell phone converts the sound waves into smaller packets, load over microwaves and transmit from one place to another. Microwaves act as a transport system for the sound waves. The Journal of Cellular Biochemistry reports that these waves cause cancer and other diseases by interfering with cellular DNA and its repair mechanisms, promotes rapid cell aging. Washington University Professor Dr. Henry Lai proved that brain cells are clearly damaged by microwave levels far below the "safety" guidelines.

Several decades ago, many scientists speculated that the microwaves may cause cancer. During the Cold War, the Soviets irradiated the U.S. Embassy in Moscow, with low level microwave radiation. Two successive ambassadors developed leukemia. Other staffs also developed cancer, or their blood showed DNA damage, which precedes cancer.

General Disorder

Thermal effects of radiation from cell phone can affect the body. Some non-thermal effects such as scalp irritation, rashes, fatigue, insomnia, dizziness, tingling, loss of response time, loss of concentration, headache, decreased sense of smell, digestive disturbances, stimulate asthma by producing histamine in mast cells, increased heartbeat, joint pain, muscle stiffness and tremors in the limbs, etc. are also possible. Severe problems include miscarriages, irreversible infertility, and irregular heart beat. Heavy cell phone users often complain of "ringxicty", a new term which means 'the false sensation that your phone is ringing or vibrating.

Children And Teens More Vulnerable

Children are at a greater risk of catching diseases from the excess usage of cell phones, because their skull is comparatively thin, brain is soft and developing myelin is open. Uncontrolled cell phone usage in children is a major risk of procuring brain damage, loss in hearing and vision, memory loss, mood and behavior disorders. Some European countries have issued strict instructions to the parents to keep their children away from cell phones.

We have started using mobile phones later in life, but these days children right from the age of 10 and 12 want a mobile phone and we provide them. No one wants to use a landline anymore. What will happen after 20 and 30 years? Only time will tell. We hope that it is not a time-bomb which will explode when today's children will be 50 and 60 years old.

Car

A cell phone must greatly increase its field strength to maintain communications within the metallic cage of a car. Thus, the effect of radiation inside the car is more intense. Volkswagen of Europe has warned that cell phone usage inside a car can be "injurious to health due to the extremely high electromagnetic fields generated."

Brain And Cancer

Cell phones inflict damage to the nerves of the scalp. It opens the blood-brain barrier, so that viruses and toxins can enter the brain. EM waves emitted by cell phones decrease melatonin levels. The melatonin is a powerful anti-oxidant, anti-depressant, immunity booster and regulates our biological clock. It also prevents cancer, Alzheimer's and Parkinson's disease.

Microwaves cause intracellular free-radical buildup, genetic damage and disruption of DNA repair process. Cells pay more attention for protection rather than metabolism. Cell membranes harden, keeping nutrients out and waste products in. Waste accumulating inside the cells creates free radicals, leading to both disruption of DNA repair and cellular dysfunction. This is the mechanism that contributes to cancer.

EM radiation causes Acostic neuroma, Glioma, Meningioma, brain lymphoma, and Neuroepithelial tumor. After 1975, incidence of brain cancer in the US has increased by 25%. In 2001, 185,000 people in the US suffered from brain cancer. Brain cancer is usually fatal, grows very fast, and the patient dies within 6-12 months.

India's situation is even worse. In Jaipur, Sanjay Kasliwal, a jeweler, has been living in C-Scheme with his family since the 1970s. In 2010, he was diagnosed with brain Cancer. He rushed to U.S.A. for treatment. After just 3 months, his brother Pramod was also suffered with brain cancer. "His doctor enquired about our surroundings. When we told him there are three cell phone towers within 20 meters of our house, he cautioned us," says Kasliwal. Around the same time, his dog fell victim to cancer.

George Carlo, PhD, JD
Former Chairman of The CTIA Wireless Technology Research Program (WTR)
Has served as an advisor to :
the US Congress, World Halth Organization,
national Institutes of Health, Food and Drug Administration, Environmental Protection Agency, Centers for Disease Control, and Agency fo Toxic Substances and Disease Registry

Dr. Carlo Heads Cell phone Research

Originally, cell phone was developed for the Department of Defense. This device was never tested for safety and entered the market due to a regulatory loophole. Questions about cell phone safety arose in the early 1990s, when Florida businessman David Reynard filed a lawsuit against cell phone manufacturer NEC. Reynard's wife, Susan, died of a brain cancer due to cell phones use. Reynard revealed the suit to the public on the Larry King Live show, complete with dramatic x-rays showing the tumor close to where Susan held her cell phone to her head for hours each day.

The next day, telecommunications shares collapsed. The Telecommunications Industry Association (TIA) went into crisis mode, claiming thousands of studies proved cell phones were safe and the government had approved cell phones. The media demanded to see the studies. To address the questions of cell phone safety, the cell phone industry set up a research project, the Interphone study, conducted with the aim of determining whether mobile phone use increased the risk of certain tumors, namely, glioma, meningioma and acostic neuroma. The study was conducted by the International Agency for Research on Cancer (IARC) on 14000 people in thirteen different countries from 1993 to 1999. Industry promised to provide $28.5 Million.

Dr. Carlo headed the project. He said that when the research found adverse health effects such as DNA damage and cancer, industry cut the funding, attempts were made to discredit him, and toward the end of 1998, his house was mysteriously burned down.

Cell phone industry was not ready to admit that there are harmful effects just like cigarette industry. People have to unite to convince policy makers to adopt strict radiation norms to protect people, birds, animals, plants and our mother earth.

Ways To Reduce Cell Phone Radiation

1. When talking on cell phone, safest bet is speaker phone mode or wired headset. Air tube headset is much better. Use cell phone for shorter duration, keep it away from children and pregnant women. Never sleep with a cell phone under the pillow, because cell phones pump out electro-polution all night long.
2. Do not keep your cell phones in your hands or pockets for long.
3. Try to use your phone when you have the maximum number of bars, indicating the best reception. When signal quality is poor, your phone emits more radiation.
4. Try not to use your cell phone in elevators, cars, trains or planes. Cell phones emit more radiation, in enclosed metal spaces.
5. Text or whatsapp instead of calling whenever possible.
6. When you are at home or office, keep cell phone away from you and use a wired landline. Cordless phones also emit same radiation.
7. If you have a wireless modem, keep it in a little-used room and out of the bedroom (or turn it off at night). Strive to keep your bedroom as free of electronic radiation as possible. Unplug electric devices near the bed. Use a "wired-only" modem, printer, mouse and keyboard.
8. Always buy cell phone with lowest S.A.R. rating. The rate at which energy is absorbed by the human body is measured by the Specific Absorption Rate (SAR), and has units of watts per kilogram (watt/Kg). In India, maximum limit of SAR is 1.6 watt/Kg.
9. If cell phone tower is near your house, get the radiation level checked and use appropriate shielding solutions.

Flax Oil can cure Radiation sickness

I was exposed to a microwave transmission from a mobile phone tower while working on the roof of a building in 2002. Basically my head had been microwaved by electromagnetic field, causing the following symptoms:

1. Constant pain & irritation
2. Head was sensitive when near mobile phones or microwaves.
3. Burning sensation in the middle of my head at night time - like a burning welding rod is inserted into my head

I couldn't find a doctor could cure my symptoms I was experiencing. By chance I discovered that victims of the Russian nuclear disaster were given flaxseed oil to drink. I was desperate and started drinking 1/4 glass of flaxseed oil to stop the constant pain. The extreme symptoms I experienced had gone. However I still get some burning irritation in my temples if I go near a microwave oven or a mobile phone.

Alex Seeley, Australia

Cleansing Therapy

Cure Yourself

अपना इलाज अपने हाथ

Kidney Cleanse
Acidity Cleanse
Parasite Cleanse
Liver Cleanse
Joint Cleanse
Fat Cleanse

Colon Cleanse
Mouth Cleanse
Ovary & PCOS Cleanse
Uterus & Fertility Cleanse
Fallopian Tube Cleanse
Vagina Cleanse

"खाओ पियो मस्त रहो
क्लींज़ करो स्वस्थ रहो"

Dr Piyush Saxena

Cleansing Therapy

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This book is dedicated to all those
who have believed in Cleansing Therapy,
done a Liver Cleanse
and promoted it.

I have experimented with almost every
recommendation in this book on
myself, my father, mother,
wife, son and daughter, and
reaffirmed their efficacy.

I do not charge any fee.
I do not accept any donation.
I do not promote products of any company.

I propagate Cleansing Therapy solely for
my personal satisfaction.

Prof. Dr. Radhey Shyam Sharma
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जोधपुर
Dr. Sarvepalli Radhakrishnan
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Jodhpur

Foreword

Despite overwhelming advancements in medical care our society is sicker than ever today. Toxic pollutants, such as the food we eat, the air we breathe, the household cleaners we spray, the electronic gadgets, mobile phones we use, are everywhere in our world. These create free radicals in the body. Stress hormones, emotional disturbances, anxiety and negative emotions all create free radicals as well. Living without toxic build-up is virtually impossible, which is why our body has built in mechanisms to deal with toxic overload. Crying, sweating, urination and defecation are all natural protocols employed by the body to rid it of toxins.

Toxins are part of our daily life, both inside and out; it may seem that they are a natural part of living and that additional measures to deal with them are unnecessary. This, in part, is true. Free radical exposure is part of life. However, with the overabundance of chemicals and pesticides in our foods and environment, and the increasing levels of stress in our society, our body is overwhelmed with toxic build-up and needs additional help in expelling unnecessary waste material.

Since these toxins affect both the structure and function of cells, they cause a myriad of health problems like chronic fatigue, fibromyalgia, autoimmune disorders, such as multiple sclerosis and lupus, migraines, premature aging, digestive problems like constipation, diarrhoea or bloating, skin conditions, aches and pains and food allergies or intolerances that results in toxic build-up in the body.

Vibrant and exceptionally good health comes from regular body cleansing and reducing daily toxin intake. To achieve a state of optimal health, people should perform a full body cleanse. Maintain

a healthy body by eating organic foods, purifying the water and air at home and workplace, using non-toxic chemicals, exercising, reducing stress levels and keeping body's natural elimination routes (urination, defecation, sweating, respiration and menses in women) is a prime need.

Practiced for centuries by cultures around the world, including Ayurvedic and Chinese medicine systems, detoxification is about resting, cleansing and nourishing the body from the inside out. By removing and eliminating toxins, then feeding body with healthy nutrients, detoxification can help protect from disease and renew ability to maintain optimum health. A full body cleanse is a program that addresses the detoxification of the digestive tract, the liver, the gallbladder, and the kidneys, as well as ridding the body of parasites and heavy metals. These are the organs of the body that are responsible for absorbing nutrients and eliminating waste products. This "in with the good and out with the bad" process is the backbone of life. Our health and welfare depends on this, especially when we understand that 80% of immune system is in the digestive tract. If this "engine" is running well, health will prosper. If it is not, then the system will begin to break down.

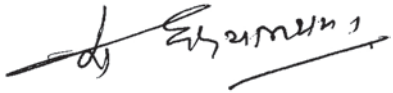
A cleansing program can help the body's natural cleansing process by resting the organs through fasting, stimulating the liver to remove toxins from the body, by means of elimination through the intestines, kidneys, and skin, improving circulation of the blood and refueling the body with healthy nutrients.

Concept of Cleansing Therapy is equally a kind of *Sanshodhan* therapy or *Panchkarma* in Ayurvedic Management. It deals effectively with the root cause of etiopathogenesis of every kind in the body. Therefore, it stands firmly on time-tested scientific grounds. I have done a Liver Cleanse. Many of my friends have also done it. All of us unanimously feel

that this 18 hour process is unique for rejuvenation of one's body. It is low cost and is done from the comfort of ones own home without any medical supervision.

The untiring efforts made by Dr Piyush Saxena in this field have potential to make this mission a revolution in the field of self help or curing or prevention etc.. His book "Cleansing Therapy - Cure Yourself" is a fruitful offshoot to benefit humanity to serve a long-healthy life. I hope all this will turn our nation into a healthy and strong one.

I heartily congratulate him for his commendable efforts in the form of this book.



Prof. Dr. Radhey Shyam Sharma
Vice Chancellor

Jodhpur
07.10.2016

Preface

Cleansing Therapy is a part of non-conventional healing techniques that are often referred to as Complementary Medicine. This term is used for a group of therapeutic and diagnostic disciplines that largely exist outside the realm of conventional or regular healthcare practice, i.e., allopathy. Complementary medicines that supplement the modern healthcare practice are currently gaining greater acceptance and popularity. In the 1970's and 80's, these disciplines were primarily provided as alternatives to conventional healthcare and became collectively known as 'Alternative Medicine'. The name 'Complementary Medicine' developed when the two systems began to be used alongside (to complement each other) .

Integrative medicine for better health

Some examples of such therapies are Acupuncture, Acupressure, Alexander Technique, Anthroposophic Medicine, Applied Kinesiology, Aromatherapy, Aurogenic Training, Ayurveda, Cleansing Therapy, Chiropractice, Cranial Osteopathy, Environmental Medicine, Herbal Medicine, Homeopathy, Hypnosis, Shiatsu, Siddha, Massage, Meditation, Naturopathy, Nutritional Therapy, Reflexology, Reiki, Relaxation, Osteopathy, Unani, Visualisation and Yoga.

In Cleansing Therapy, the purpose is to restore balance and facilitate the body's own healing process rather than target any individual disease or alleviate troublesome symptoms. However, as propagators of Cleansing Therapy, we practice a holistic approach (treating the patient as a whole and not just a disease) to cure the patient. Cleansing Therapy seeks to promote overall well being, positive health, long-term relief and cure.

Our Kidney Cleanse, Acidity Cleanse, Parasite Cleanse, Liver Cleanse, Joint Cleanse and Fat Cleanse, among others, lead to overall health improvement, as they expel accumulated toxins from the body. The body's capacity for self-repair, given appropriate conditions, is enhanced. As a result, the body is strengthened from within.

After completing the first round of Cleansing Therapy in a week, I promise you good results. Patients feel a difference - regulated blood pressure, improved sleep, higher energy levels, pain reduction, improved haemoglobin levels, better liver functions as well as relief from stomach disorders and musculo-skeletal problems. You will be able to perform up to three hours of extra work everyday. For the rest of your life, you will have more vigour and vitality in your body. Spending one day to study this book and trying out the cleanses, such as the Liver Cleanse, will unleash tremendous vitality, which can only be experienced and not expressed in words.

The book is written in a lucid and easy-to-understand language. The aim is to impart accessible and useful knowledge and experience to everyone from students, busy professionals, housewives and patients to their caring relatives. For the sake of clarity, names of ingredients/objects have been borrowed from Hindi and other languages. These names as well as the author's comments are mentioned in *italics*. Also, numbers from one to nine are written in words, while ten and above are mentioned numerically for the sake of convenience, as per the current practice. We have followed the American Psychological Association (APA) guidelines with regards to grammar and punctuation in preparing this edition.

The age of users, who find this therapy most beneficial, is 30 to 60 years. These users tend to be in higher socio-economic groups with higher levels of education than users of allopathic medicine. Women (55%-60% of users) use Cleansing Therapy four times as often as men because it takes more time to prepare (often ready made ingredients are not available).

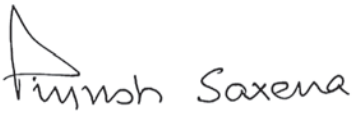
Importantly, I would like to say that I have full regard for allopathy, which is the last resort in pathology, for emergency medical management, relief from acute problems and surgery, when required. Doctors are very caring people. I speak from personal experience. They have a tremendous responsibility to bear - their patient's life/ health and too often, receive little gratitude for their efforts. Yet, they carry out their duties in a cheerful manner. If this book helps in any way in relieving the strain on doctors and the suffering borne by patients, then it will have been well worth the efforts involved.

Feedback

Science is the accumulation of knowledge made possible by the spirit of inquiry. As such, any therapy is constantly evolving through accumulation of knowledge, through research. I firmly believe that all therapies, whether allopathy, naturopathy, Cleansing Therapy or any other methods, are essentially fellow followers of this spirit. Research, documented or not, done either by spending crores of rupees or just a few hundred or, in a laboratory or your own home - forms the basis of this spirit of scientific inquiry.

Cleansing Therapy does not have the luxury of having crores of rupees invested in marketing and publicity to spread simple, inexpensive and effective treatment procedures. Hence, it is dependent on people like you who are willing to give it a try and help others lead a healthy life.

I would like to learn about your experience and welcome your suggestions for making this therapy more appropriate for people with specific conditions. You can contact me at cureyourselfindia@gmail.com.



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Content

1. Cleansing Therapy 1

Cleansing 1

Who is sick, who is healthy? 2

Ask yourself these questions 2

Problems 3

History of cooking 4

Laws of nature 5

Our state-of-the-art bodies 5

How do we abuse our bodies? 8

Solution 10

Therapy with a difference 10

Principles 11

Advantages 13

Cost and availability of ingredients 13

Effects of cleansing 15

Frequently asked questions 15

2. Kidney 22

Structure 22

Functions 23

Problems 23

Causes 23

Symptoms 24

3. Kidney Cleanse 25

Ingredients 25

Quantity 26

Procedure 27

Dosage 27
What results can you expect? 27
Benefits 28
Frequently asked questions 28

4. Acidity 37

Acidic, alkaline solutions and pH 37
What is normal pH level? 38
Importance of proper pH balance 38
How to test pH of saliva? 38
Acidity facts 39
How does the body become too acidic? 40
Effects of acidity 40
Hyperacidity 41
Causes 41
Symptoms 41

5. Acidity Cleanse 43

Green vegetable juices 43
Blood tonic - chlorophyll 44
How to make vegetable juice? 44
Check whether your stool sinks or floats 45
Dosage 46
Green vegetable juices 46
Special vegetable juices 48
Fruit juices for specific needs 50
Home remedies 51
Frequently asked questions 52

6. Parasite 54
Your body - home to parasites 54
Signs and symptoms 55
Diagnosis or cleanse 56
Tools for a Parasite Cleanse 56
7. Parasite Cleanse using Clarkia tincture 58
Herbs that kill parasites 58
Usage 59
Where can I get these herbs? 59
8. Parasite Cleanse using zapper 60
How does a zapper work? 60
How to zap? 61
Why do we need to zap three times? 61
What changes should you expect from zapping? 62
How to obtain a zapper? 62
9. Parasite Cleanse using pulser 64
Usage 64
10. Parasite Cleanse using colloidal silver 65
History and applications 65
Method of action 65
Advantages of colloidal silver over antibiotics 66
Dosage 66
Uses 66
Product quality 67
Availability 68
Conclusion 68
Frequently asked questions 68

11. Liver 72
Structure 72
Functions 72
Gallbladder 73
How is bile made? 74
Functions of bile 74
What are gallstones? 74
Symptoms 75
Why should the gallbladder not be removed? 75
Liver and diabetes 76
12. Liver Cleanse (Master Cleanse) 81
Concept 81
Preparation 82
Ingredients 83
Schedule 84
How well did you do? 85
Traditional medical viewpoints 86
Facts 86
Effects of Liver Cleanse on allergies/asthma 86
Frequently asked questions 87
13. Opinions, allegations and clarifications 101
14. Joints 103
Arthritis 103
Synovial fluid 104
Causes 104
Symptoms 105
Dealing with arthritis 105

15. Joint Cleanse 106
Ingredients 106
Procedure 106
Apple cider vinegar 107
Honey 108
Black molasses 109
Epsom salt 110
Conclusion 111
Frequently asked questions 112
16. Fat 118
Types of fat 118
Causes of obesity 119
Signs and symptoms 120
17. Fat Cleanse 121
HCG Diet Protocol 122
Some facts about HCG 122
Introduction to HCG 123
Procedure 124
Duration 125
Immunity to HCG 126
Starting the Cleanse 126
For vegetarians 127
Making up for calories 127
First few days of treatment 128
Expected difficulties of Fat Cleanse 128
Getting the HCG medicine 128
Losing weight during pregnancy 129

Contra-indications 130
How to use/inject HCG? 130
After selecting the injection site.. 132
Concluding the course 132
Conclusion 132
Further courses 132
Frequently asked questions 133

18. Colon 138
Structure 138
Function 138
Problems 139
Causes 139
Symptoms 140

19. Colon Cleanse 141
Cleanse by Colonic Irrigation 141
Procedure 141
Colon Cleanse at home 142
Enema 143
Benefits 143
Frequently asked questions 144

20. Mouth 146
Structure 146
Functions 146
Poison making 147
Problems 147
Causes 148
Symptoms 148

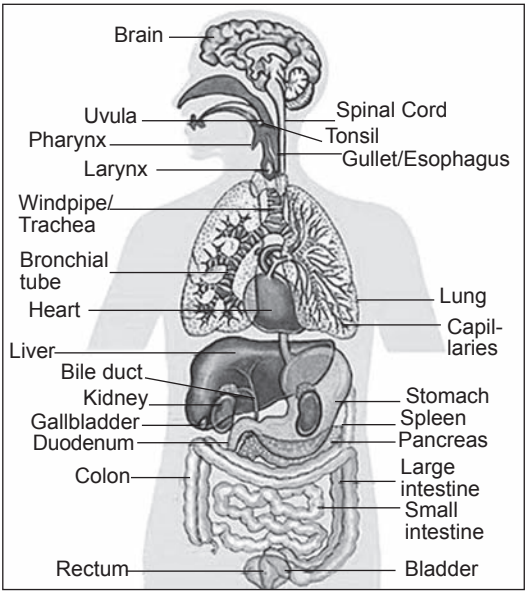
21. Mouth Cleanse 149
Oil pulling technique 149
Ingredients 149
Procedure 150
What to expect initially? 150
Benefits 151
Conclusion 151
Frequently asked questions 152
22. Poly-cystic Ovarian Syndrome (PCOS) 155
Structure 155
Functions 155
Problems 155
Poly-cystic Ovarian Syndrome 156
Causes 156
Symptoms 157
Risks 157
23. PCOS Cleanse 158
Cinnamon 158
Usage 158
Fenugreek seeds 158
Usage 159
Apple cider vinegar 159
Usage 159
Lunaception 159
Procedure 160
Benefits 161
Frequently asked questions 161

24. Uterus (womb) and fertility 162
Structure 162
Functions 162
Problems 162
Who needs a Fertility Cleanse? 164
25. Uterus and Fertility Cleanse 166
Cleanse using marigold flower 167
Ingredient 167
Preparation 167
Usage 167
Cleanse using castor oil pack 167
Ingredients and tools 168
Preparation 168
Procedure 168
Benefits 169
Frequently asked questions 170
26. Fallopian tube 172
Structure 172
Functions 172
Problems 174
Symptoms 174
27. Fallopian Tube Cleanse 175
Self fertility massage 175
Benefits 176
Fertility massage and menstrual cycle 177
Ovary massage 177
Frequently asked questions 178

28. Vagina Cleanse 180
Functions 180
Problems 181
Vagina Cleanse / Douching 181
Natural remedies 182
29. Dosage - Frequency, quantity, etc. 183
Cleanse for Jain monks 186
30. Submission to the Ministry of Ayush 188
31. Accreditation and Testimonial 189
32. About the author 191
33. Mysteries of Life 205
34. Index 209

Cleansing Therapy

Today, we live in a world that surrounds us with pollutants day in and day out. There is pollution in the air we breathe and food we eat. We live in cramped houses, rush to do several jobs that hardly leave any time for proper rest, causing tremendous stress on our body. And yet, we expect our body to chug along like a Formula 1 race car. All these factors, over a period of time, lead to accumulation of toxins in the blood, kidneys, liver, intestines, joints and other parts of the body.



Vital body organs

Our body naturally tries to cleanse these toxins every day. Detoxification is the body's normal process of eliminating or neutralising toxins through the colon, liver, kidneys, lungs, lymph and skin. In fact, internal detoxification is one of our body's most basic autonomic function.

Cleansing

In the present day scenario, body systems and organs that were once capable of removing unwanted substances are now completely overloaded. Many of these toxic substances stay in our tissues. Our bodies try to protect us by setting them aside, surrounding them with mucus or fat so that they don't cause an imbalance or trigger an immune reaction. Over a period of time, these toxins start affecting the functioning of our body, making us sick, fatigued and exhausted.

It is our duty to periodically cleanse our body to help our organs function better. The process of removing these toxins from the body is called cleansing.

Who is sick? Who is healthy?

"Just because you are not sick, doesn't mean you are healthy".

If you ask me, “Who is sick, who is healthy?”, I will ask you, “Do you experience the same energy levels as you did five years ago?”. If your answer is yes, then you can stop reading this book as you do not need to do any cleansing. Your body parts and waste removal system are performing their duties perfectly.

However, if your answer is no, then I would suggest that you try our Cleansing Therapy, especially the Liver Cleanse, at the earliest, to begin the cleansing process and remove harmful toxins from your body.

Ask yourself these questions

We believe that you have a right to enjoy good health to the maximum, for the rest of your life. If your answer is yes to any of the following questions, then you need to do a cleanse right away!

- Do you feel lethargic and bloated?
- Do you need a specific detoxification program for a serious health problem?
- Do you want to streamline your body processes for more energy?
- Do you want to prevent diseases and rejuvenate your whole body?
- Do you want to reduce weight and tone up your skin?
- Do you want to slow down the ageing process and improve your body flexibility and vigour?
- Do you want to improve your fertility?
- Do you feel congested from eating too much food or the wrong kind of food?
- Do you want to eliminate drug residues or speed up the recovery process after an illness?

Problems

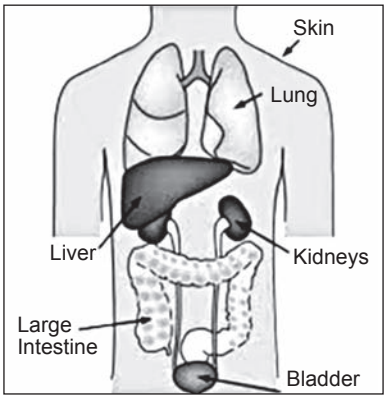
Nature has designed us to live in green forests with high oxygen levels and eat raw food. If you watch National Geographic, History, Discovery, Animal Planet or similar TV channels, you will observe that no animal (except a pet) eats cooked food. Cooking food is the first step in polluting the body, but today we do not have a choice. In addition, our modern day food habits have led to the following consequences of bad health:

Poor assimilation

Proper assimilation provides a constant supply of building materials and energy needed for continual construction of new cells and tissues. Poor assimilation occurs when even one element needed for rebuilding is not sufficiently supplied to the body through diet and digestion, or is unable to convert it into specific nutrients necessary for building cells. Diseases attributed to poor assimilation involve nutritive deficiency resulting in cellular degeneration.

Poor elimination

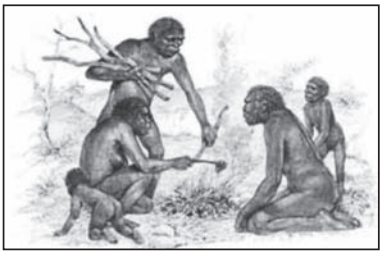
The excretory system consists of the intestinal tract, kidneys, pores of the skin, liver and lungs. When an imbalance occurs in any of these organs, the excretory processes slow down and the result is a build up of toxins. These toxins can endanger any of the components and systems of the body, down to the cellular level, by impeding the rebuilding process, and result in numerous disease symptoms, such as bad breath, body odour, pale skin and tiredness. For example, you must have noticed that a small baby smells lovely. The smell continues as long as the baby is breast fed. On the other hand, a baby fed on milk formula does not smell so lovely. When the baby starts eating cooked food, the body odour starts changing and the urine and stool start giving off a bad odour. Similarly,



Excretory system

carnivorous animals, e.g., tigers and leopards have a very pungent body odour, as opposed to herbivorous animals, such as cow and buffalo. A visit to the zoo can confirm the stinking smell near all carnivorous animals!

History of cooking



Cooking by Aurignacian people

The origins of cooking are obscure. Primitive humans may have savoured roasted meat by chance, when the flesh of a beast killed in a forest fire was more palatable and easier to chew and digest than raw meat. However, they probably did not deliberately cook food, until long after they had learned to use fire for light and warmth. When humans began roasting meats over fire, it remained virtually the sole culinary technique until the Palaeolithic period (32,000 BC – 26,000 BC), when the Aurignacian people of southern France began to steam their food over hot embers by wrapping it in wet leaves.

Aside from crude procedures, such as toasting wild grains on flat rocks and using shells, skulls or hollowed stones to heat liquids, probably no further culinary advances were made until the introduction of pottery during the Neolithic period. Later, it was found that cooked food is softer than uncooked food and easier for young children and the elderly to chew. The powerful jaws of our ancestors were no longer needed and the result - evolution of our present day face and cranial structure. The number of teeth in an adult jaw gradually reduced from 44 to 32.

Is cooked food truly easy to digest?

Try eating a raw carrot by chewing it well. Next, try eating any deep fried food. Compare and observe the ease with which the carrot was digested by the body as compared to the long process for digesting fried food. In another example, try eating a raw egg (though it is difficult to do so). The white protein part is easily digested. Now, try eating an egg in a fried form. This will be a lot more difficult to digest, especially if it is not chewed well.

Nowadays, cooking has evolved from simple recipes to the elaborate, heavily processed variety we see today. The menu has progressed from organically grown, alkaline, raw green vegetables in their natural form to acidic, cooked food, such as baked or fried pizzas, chapatis, burgers, chicken, aerated soft drinks, alcohol (beer, rum and whisky) and others.

Laws of nature

Nature intended everything to grow by itself, at its own pace, without the use of any external chemicals, such as fertilisers, pesticides or hormonal injections. The organic manure that nature provides is designed to assist in the growth of vegetation, just as our bodies have hormones designed to aid the process of growth. However, we abuse this system through unbridled use of chemicals and growth hormones. Not only are the resulting crops and vegetables toxic, but their nutritious properties are also changed. Genetically modified crops are specially designed in a way that several vital components are removed. For example, seedless grapes.

Thus, toxic chemicals accumulate in our bodies when we eat such food. We further worsen the situation by eating polluted food without even being aware of it. It is remarkable that our body is able to adapt to this constant influx of chemicals and still keep on working. It is so strong and adaptive that it takes 30-35 years for the first signs of the accumulated toxins to appear.

Our state-of-the-art bodies

Our bodies have been designed by the best engineer ever - Mother Nature. She not only designed us to be 'obsolescence proof', but also provided our body with an incomparable quality to heal itself, something that no engineer has been able to replicate so far. Consider the following facts:

The latest model of Mercedes Maybach S-600 Saloon, arguably the best model in automotive engineering, costs a whopping Rs 2.60 crores and has a 4.6 litres, V8 engine that produces 455 bhp and develops 700 Nm torque from as low as 1800 rpm. The engine is mated to a nine speed 9G-Tronic automatic transmission

Sick population, robust pharma industry!

Hypertension is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease deaths in India. Overall prevalence of hypertension in India was 29.8%, in which significant differences were noted between rural (27.6%) and urban parts (32%).

(Journal of Hypertension, 30 April, 2014)

In India, out of the estimated population of more than 127 crores, dispersed across various geographical regions, nearly 4.5 crore people suffer from coronary artery disease. According to current estimates, India will soon have the highest number of cases of cardiovascular diseases in the world. It is estimated to account for 36% of all deaths by the year 2030.

(Fortis Memorial Research Institute, Gurgaon, 2014)

There are at least six crore diabetics in India, the highest reported cases in the world ever. The prevalence of diabetes varies between 6-8% in urban and 2-3% in rural adults. Indians tend to be diabetic at a relatively young age of 45 years, nearly 10 years earlier than in the West.

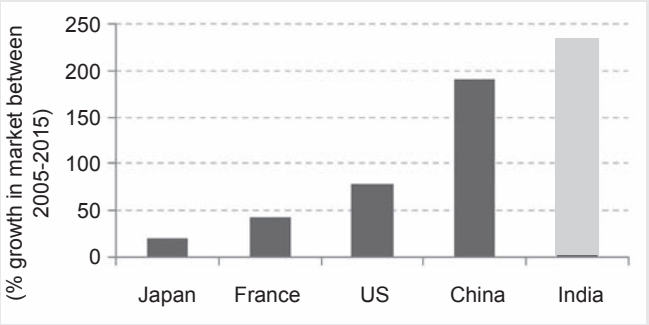
(A report by International Diabetes Federation, 2015)

Diseases such as bronchial asthma, allergic rhinitis and allergic dermatitis are dramatically increasing all over the world, including developing countries, such as India. Today, more than 30% of the population is known to suffer from one or the other allergic ailment. Major causative agents implicated are pollen grains, fungal spores, dust mites, insect debris and animal epithelium.

(Singh AB, Ann Agric. Environ. Med. 2003;10-2:131-6)

Globally, the Indian pharmaceutical industry ranks third in terms of volume and fourteenth in value. The Indian pharmaceutical industry has more than 20,000 units. The domestic pharmaceutical output

and has advanced electronic brake and traction control systems, individual wheel control to monitor vehicle yaw, airmatic suspension, distronic radar cruise control and parktronic systems, infra red night vision system and automatic crash deployment systems. However, as advanced as this latest model might be, it will still become



India to top growth in pharma market

has increased at a compound growth rate of 13.7% per annum.

(Wikipedia, January 04, 2016)

In 2015, the value of Indian pharmaceutical industry was approximately Rs. 14,00,000 crore and is expected to reach approximately Rs. 30,00,000 crore by 2020.

(McKinsey & Company: The next frontier for innovation, competition and productivity)

The various health problems outlined above suffice to keep the pharmaceutical industry robust and generate a huge turnover. If people start practicing Cleansing Therapy and even half of the sufferers are cured through use of inexpensive and easy to follow procedures, the medical establishment stands to lose a substantial amount. The problems with the acceptance of this therapy in mainstream healthcare are greed and money.

An inexpensive process, Cleansing Therapy does not serve their money making purpose. Hence, it will never be promoted by moneybags of mainstream pharma companies. A healthy population means a dead pharmaceutical industry, but the million dollar question is - Do you want to remain sick to keep the pharmaceutical industry healthy?

obsolete in five years, after which it will be superseded by newer technological inventions.

Windows 95 was considered a cutting edge software 20 years ago, but has been superseded by newer versions today. These too will be obsolete in just a few years.

How do we abuse our bodies?

We abuse our bodies constantly without even being aware of the tremendous harm we are doing to ourselves. Let me illustrate with an example:

Most of us have owned a scooter, motorcycle or car at some point in our lives. I am going to ask you to fill kerosene in your prized possession just once. Oh yes! I do know that your vehicle is meant to run on petrol. So are you ready? No? I can imagine cries of horror about how such pollutants will foul up the engine.

Yet, we think nothing of consuming the so called 'food' in different forms (junk or otherwise), which is often a pollutant for our bodies, just as kerosene is for our vehicles. Instead of eating raw green vegetables and fruits, which are like 97 Super Octane that Mother Nature provided so that our bodies run smoothly, we resort to the quick fix. Does this not imply that we love our vehicles more than our bodies?

When our prized possession is in need of attention or repair, due to foul spark plugs for instance, we normally go to the roadside mechanic as our first choice, instead of qualified automotive engineers. Qualified engineers are highly skilled and can design a good scooter and supervise the mechanical assembly process of the vehicle at the plant but they are not the best option for minor repairs.

Similarly, in our bodies, 90% of ailments can be cured at home through the simple process of Cleansing Therapy, for which we need not consult highly skilled specialists.

The requirement of specialist doctors has emanated due to vast progress in transportation facilities. Until 150 years ago, before the advent of railways, buses and cars, every village in the country was a complete self-sustained unit of habitation. It comprised of 200 to 500 families. It had people with different skills, such as cobblers, tailors, iron smiths and *vaidya,* and everyone had a role to perform in the society. If anyone had a health problem, they would visit their local *vaidya*. Nobody travelled to other places to look for a specialist just to get a label to his ailment. People were cured through indigenous therapies by their local *vaidya*.

Just like automotive engineers, specialists are familiar with the

minutiae of medical problems, but often address the specifics while ignoring the overall condition.

Seeking the opinion of specialists will definitely make you familiar with difficult medical terms, but will make you none the wiser about the cure for your ailment. More often than not, you will come back with a number of pills and a battery of tests that will relieve you off your hard earned money, but not your sufferings.

However, when a doctor prescribes three tablets to be taken on an eight hourly basis, it is probably not the most suitable dose for you (as is in most cases). The metabolic cycle of each person is different throughout the day. The rate is faster at noon and slower at night. Similarly, a tablet of uniform net weight or potency is not the right quantity for two patients, one weighing 45 kgs and the other 90 kgs. These fixed dosages are prescribed based on the convenience of the doctor. Your present ailment may be alleviated, but several new ones may take its place. Excessive medication has a number of side-effects, such as:

- Black patches below the eyes
- Bleeding from throat and intestine
- Body swelling
- Brittle bones
- Colitis
- Dermatitis
- Discolouration (staining) of teeth
- Diarrhoea
- Hepatitis and cholestatic jaundice
- Indigestion
- Kidney problems
- Loss of appetite
- Nausea and vomiting
- Skin rash
- Blood pressure
- Liver failure
- Weight loss/gain
- Sleeplessness

Solution

Is there a way to enjoy good health without constantly popping expensive pills? In the following pages, you will first learn about the basics of problems followed by solutions - or you can how cleanse your body through Cleansing Therapy and keep ailments away.

A brief list of the cleanses given in this book are:

- Kidney Cleanse
- Acidity Cleanse
- Parasite Cleanse
- Liver Cleanse
- Joint Cleanse
- Fat Cleanse
- Colon Cleanse
- Mouth Cleanse
- Uterus Cleanse
- Fertility and PCOS Cleanse
- Fallopian Tube Cleanse
- Vagina Cleanse

We have 28 cleanses in Cleansing Therapy. For complete details of the other cleanses, you can visit our websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

Therapy with a difference

Why do most therapies start out well and even provide good results in the short term, but eventually end up in failure? As soon as the practitioner takes a break from the therapy or stops it altogether, he, more often than not, reverts back to the original state of health. The answer is not that difficult to fathom.

Most of the conventional therapies require you to forego things that you like to eat or drink the most. Hence, their results tend to get reversed over time, as it is not humanly possible to give up favourite food/drinks forever.

The success of Cleansing Therapy and its enduring results lie in following its most important factors, which other therapies often ignore:

- Cleansing Therapy does not require a change in lifestyle - you can continue eating and drinking your favourite food/drinks and enjoy a healthy life.
- Our procedure makes use of easy to follow cleanses that can be practiced from the comfort of your home, using easily available ingredients and requiring very little of your time, without the supervision or intervention of a medical practitioner.

Principles

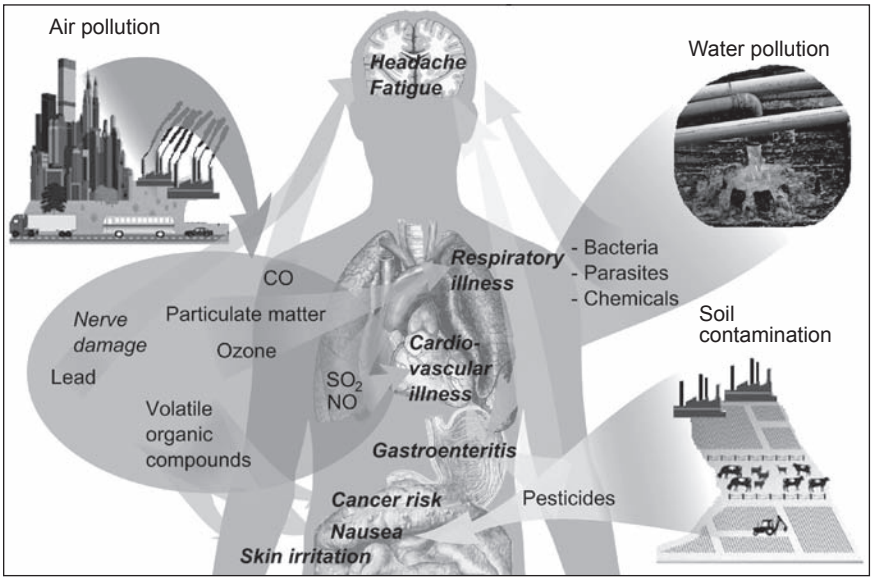
Cleansing Therapy adopts a holistic approach for curing illnesses. Rather than emphasising on alleviation of symptoms, the therapy focuses on treating their root causes. In order to address this issue, Cleansing Therapy makes some fundamental assumptions. The main causes of all medical problems are:

- Pollution in the air, chemicals, fertilisers and food
- Parasites or pathogens, e.g., bacteria and viruses

There is no third cause. Remove pollutants and parasites from your body and it will attain good health on its own.

Pollution

Pollution is the introduction of contaminants into the natural environment that cause adverse changes. Pollution can take the form of chemical substances or energy, such as noise, heat or light. Pollutants, the components of pollution, can be either foreign substances/energies or naturally occurring contaminants. Key causes of land and water pollution include, urbanisation, improper waste disposal, industrial activities, nuclear research, chemicals released by heavy industries, coal fired power plants, metal production industries, agricultural

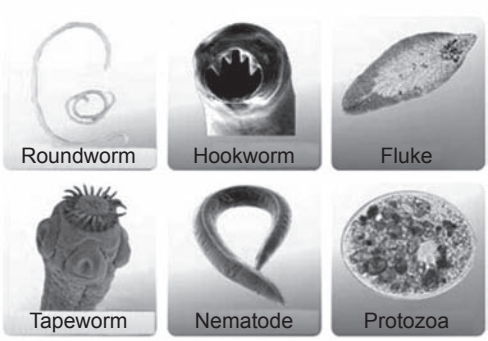


Health hazards of pollution

runoff and improper agricultural practices, eroding water tables, and religious and social practices of dumping prayer material into rivers and lakes.

Humans possess property. They have a home to live. The home has a door. The door has a lock. This leads to a feeling of possession that everything inside the door is mine. The desire is natural. This feeling of attachment with belongings grows and leads to desire for growth in money, business, career, future of children and so on. More the desire, more the ailments. We have accepted this human desire of possession because a human being without dreams or desires is dead, though nature never intended this. No animal has a house or wealth. They don't have desires of material possessions. This is the reason that animals in forests do not suffer from diseases, such as diabetes, blood pressure, cancer, arthritis and acidity.

Parasite



An organism that lives in our body (the host) and benefits by deriving nutrients from it, thereby harming it, is a parasite, such as a bacterium, protist, fungus, plant or animal, composed of a single cell or a complex structure of cells in which organelles or organs work together to carry out various processes of life. Some parasites live on the food we eat and exist mainly in our digestive tract. Others attach anywhere on the body, causing great harm.

Not all bacteria and fungi are bad. In fact, most bacteria are harmless and some are even beneficial, such as the gut bacteria that helps in digesting food. Likewise, there are certain fungi, particularly yeasts, that can help promote good health. Few others are used in food and medicine. In recent years, beneficial bacteria and fungi are being used as additives or supplements to promote healthy digestion.

Advantages

Cleansing Therapy offers quite a few advantages over conventional therapies. It makes use of natural and easily available ingredients that do not have any adverse side-effects.

Cleansing Therapy uses relatively inexpensive products and easy to follow procedures. We have used commonly followed recipes popularly used all over the world before the advent of the pill popping culture. We have simplified certain processes and replaced some hard to find ingredients with alternatives to suit the present day Indian lifestyle without affecting the end result. We certainly do not expect a Hanuman-like effort of searching remote corners of the Himalayas to find the rare *Sanjeevani* herb to cure your ailments. We encourage you to find ingredients that are available in your local store or your kitchen.

Cleansing Therapy also recommends that you avoid using products containing artificial and scented chemicals as they do not offer any medical benefit and are added purely for aesthetic reasons, such as pleasant colour or smell. Their addition to commonly used products, such as hair oil, shampoo, soap, toothpaste and other toiletries, may build up toxins in our body when used over a long period of time, as they are often hard for the body to expel. During the cleansing process, you may substitute them with other safe and natural products from any homeopathic/herbal store.

Cost factor

Medical costs, including cost of medicines, doctor's fee, hospitalisation and other incidental costs, are an important factor for people selecting a treatment plan. Cleansing Therapy does not involve any hospitalisation, pathological tests or consultation fee. Here, you are your own doctor. The only expenses incurred are those on ingredients for the cleanses. Furthermore, this therapy uses materials available in the grocery section of most supermarkets in any city.

Cost and availability of ingredients

Cost effectiveness and wide availability of ingredients have always been on our mind in designing this Cleansing Therapy.

No.	Cleanse	Ingredients	Availability	Price* (Rs.)
1.	Kidney	Corn silk (fresh) 500 gms/(dried) 50 gms	Local vendor	100/-
			Unani *haqim* shop	1000/-
	Kidney	Parsley/Coriander leaves 500 gms	Vegetables shop	250/- 100/-
	Kidney	Watermelon seeds 100 gms	Local vendor Seeds store	100/-
2.	Acidity	Green vegetable	Local vendor	1000/-
3.	Parasite	Clarkia tincture 60 ml bottle	USA, online	2,500/-
	Parasite	Zapper (one unit)	USA, online	25,000/-
	Parasite	India Zapper DX	India	11,000/-
4.	Liver	Epsom salt ($MgSO_4$), 4 sachets	Chemist/ Veterinary chemist	40/- 20/-
	Liver	Extra virgin olive oil 250 ml	Food section in shopping malls	250/-
5.	Joint	Apple cider vinegar one litre	Stores selling foreign food items	500/-
	Joint	Black molasses one litre	Grocery stores Sugar mills#	1,200/- 50/-
6.	Fat	HCG inj. 500 IU x 6	Chemist shop	1200/-
7.	Mouth	Mustard/Sesame oil	Grocery shop	150/-
8.	PCOS	Marigold flower	Flower shop	100/-
9.	Fertility	Cinnamon	Grocery shop	150/-
10.	Fallopian tube	Castor oil	Grocery shop	150/-
11.	Vagina	Douche	Chemist shop	100/-

***** Prices have been given on an estimated basis. They may vary depending upon location and availability of ingredients.

Black molasses bought from sugar mills cannot be preserved for a long period.

Effects of cleansing

- Blood, kidney, liver, joints and other body parts are cleansed; normally impossible under ordinary eating patterns.
- Thinking power is enhanced due to proper circulation of blood, air and nutrients to all parts of the body, especially the brain, without any obstacles. This is difficult under high pollution levels in most modern cities.
- The digestive tract is cleansed of accumulated waste and fermenting bacteria.
- Excess mucus and congestion is cleared from the body.
- After a proper Liver Cleanse, followed by a Fat Cleanse, you can lose upto 10 kgs of weight.
- Cleansing Therapy balances hormone secretions that, when coupled with Essential Fatty Acids (EFAs) from fresh plant sources, stimulate and strengthen the immune system.
- Cravings and dependence on alcohol, caffeine, drugs, nicotine or sugar are minimised without any special effort.

Frequently asked questions

1. In one of your lectures, you said that I should consult the best doctor on Earth for my precious health, but where do I find him/her?

Your health is your most prized asset. The best doctor is the one who understands all your problems at the physical, mental and spiritual levels. Your level of relief, details of symptoms, sensitivity to different food and environmental conditions are best known only to you. So YOU and nobody else is the best person to treat you. Cure Yourself!

2. Do you oppose the allopathic system?

No, on the contrary, I fully appreciate its indispensable role in the treatment of acute problems, instant relief, pathology and surgery.

3. Are you against pathological tests?

Most pathological tests harm the body. However, they are necessary to diagnose diseases. They should be used as a tool to diagnose a problem, not to earn extra money in unwarranted cases, as in one of my case. You can read details about my reports of the same test, done in an interval of just 48 hours, on my website www.drpiyushsaxena.com

4. Which are the medical problems where Cleansing Therapy is beneficial?

It is beneficial in the following and many other problems.

Acidity	Frozen shoulder	Obesity
Acne	Gallstones	Old accident pain
Allergies	Gout	Old age disorders
Anaemia	Headache	Osteoarthritis
Anal itching	Heart problem	Osteoporosis
Anxiety	Hernia	Pharyngitis
Arthritis	Hiatal hernia	Piles
Asthma	Hot flashes	Pimples
Backache	Impotence	Psoriasis
Bed wetting	Infertility	Psychological fears/illness
Bloating	Inflammation	Scalds
Body odour	Insomnia	Spondylitis
Breast discomfort	Irritable bowel syndrome	Skin problems
Breathlessness	Joint pain	Sleep irregularity
Bronchitis	Kidney stones	Snoring
Burns	LDL cholesterol	Stress
Chronic sore throat	Leucorrhoea	Thyroid disorders
Chronic cough/cold	Low calcium level	Tiredness
Constipation	Menopausal problems	Tonsillitis
Dental problems	Menstrual cramps	Urinary tract infection
Depression	Migraine	Uterine fibroids
Diabetes	Muscle pain	Vaginal disorders
Fatigue	Negative thinking	Varicose veins
Fever	Neurological disorders	Vitiligo

5. Why do I not find the following problems included in your list - cancer, HIV/AIDS, multiple sclerosis, paralysis and Parkinson's disease?

I feel that significant improvement may not happen for these problems and I have deliberately omitted them. However, Cleansing Therapy will give some relief in such ailments as well.

6. I have viral/bacterial infection. Can you help?

Cleansing Therapy does not fight infections directly. It makes your body strong and enhances its natural resistance to diseases, so that it can fight any infection on its own. If satisfactory results are not forthcoming in 2-3 days, you may take other regular medication, such as antibiotics, to treat the infection.

7. Will Cleansing Therapy improve my skin?

Yes. As you remove toxins from the body, the skin becomes smooth and the complexion fairer. The Cleansing Therapy also brings a glow on the face, makes your nails pink, and lends a healthy, lustrous and silken shine to your hair. It also removes pimples, black heads and excess oil from the skin.

8. I do not find any improvement even after completing the treatment. What is the reason?

This is impossible. You have probably taken less than the recommended dosage of the ingredients due to fear of an adverse reaction or side-effects. Take the full dose and see the results. The difference is immediately noticeable in the form of freshness, increased energy levels, enhanced quality of sleep, improved skin tone, glow on face, loss of weight, and reduction in the intensity and frequency of problems (listed on page 16, A.4). Compare these symptoms carefully before and after a Liver Cleanse.

9. What if I cannot do the cleanses regularly?

Most of us cannot do it regularly. To start with, you may do it irregularly. You will still get a lot of benefit. It does not work on an 'all or nothing' principle. Every little effort to follow the Cleansing Therapy yields some positive result.

10. Can I continue to take my regular medication along with this treatment?

Yes, you can continue with your regular medication. The Cleansing Therapy does not interfere with other treatments.

11. Where can I get the ingredients prescribed by you?

Epsom salt is available with any regular chemist or veterinary medical shop. For extra virgin olive oil, apple cider vinegar and black molasses, look for shops which sell imported food items. Currently, nearly all major towns across India have at least one grocery chain,

e.g., Big Bazaar, Food Bazaar, Star Market and Reliance Fresh that stock extra virgin olive oil. You may check their food sections for the listed items. If necessary, you could also show the photographs on page 77, 78 and 115 of this book to the seller and ask for the products.

12. Aren't the ingredients of the Cleansing Therapy toxic when taken in such large quantities? What are the side-effects of this treatment?

The medicinal ingredients do not have any toxic effects, even if you take them in large quantities. They are only absorbed by the body in the correct dosage. Sometimes, they may cause temporary mild discomfort, which is bearable. There are only positive effects. When you treat one ailment, you get cured of many other problems that you had previously not even considered.

13. Do you propose any change in lifestyle?

I believe in enjoying a life free from restrictions. You need to observe certain restrictions only on the days that you do cleansing. Once you have completed the cleanse, you may continue your life as you wish. You can eat your normal food without restrictions, but do the cleanse at least at the minimum recommended level to live a healthy life (see Dosage chapter, page 183).

14. My spouse has many problems. I want him/her to try your therapy, but he/she does not listen to my advice.

First try our Cleansing Therapy on yourself. Tell him/her about your experience. Only then will he/she be encouraged to try out this therapy. The benefits will be self-evident, and no further convincing will be needed.

15. We have a campus of 50 families. Five of us have done Liver Cleanse. Can you come and conduct a workshop for us?

Yes, I will be glad to see you all.

16. How can I meet you personally?

A personal meeting is not required since the treatment is the same for all problems - cleanse your body and let your body heal for you. You may write a brief summary about your problems with contact numbers and I will reply to your queries. I prefer to respond through e-mail or sms. I have published

the complete contact details of a few people on my websites www.drpiyushsaxena.com or www.thetempleofhealing.org, who have benefited immensely from this therapy and are involved in its promotion. You may contact them, if they are residing in your neighbourhood or city.

17. I had tried to contact you on your mobile but in vain. How can I contact you?

My apologies. I am employed in a company at a senior position and I am often busy with work. Often, I cannot be directly contacted on the phone. However, I have ensured that at least one of my colleagues responds to your call to solve your queries.

18. You want me to watch your videos on internet and send sms for questions, but I don't know how to send an sms. I don't use a mobile. I also do not use the internet.

I have tried to reach maximum number of people. This is possible only using modern tools, such as internet and mobile. It is not possible for me to meet hundreds of people from all over the country personally, so look for someone in your neighbourhood or relatives. They will help you in doing a Liver Cleanse. We have provided a list of volunteers on our website for reference.

19. I have benefited immensely from your treatment. My family and I are indebted to your therapy. What can I do for you? How can I repay you?

You have cured yourself. My role in it is negligible. However, your feeling of gratitude is good enough for me to propagate Cleansing Therapy as a purpose of my life. You can write to me and share your experience. The vast majority of people come to know about such therapies only through word of mouth and you can help spread the message along. You may advise your relatives and friends to try this therapy. You may form self-help groups and share experiences of cleansing with one another and try to find solutions to your problems through the methods adopted by others with similar issues. You can also write articles in your local newspaper or magazines to create awareness about the Cleansing Therapy.

20. You have talked about the efficacy of Cleansing Therapy. What about its authenticity?

Cleansing Therapy has not been widely approved. There is always an apprehension that it may or may not work. I have provided a list of more than a thousand people on my websites who are leading a better life after the cleanse. Doctors suggest that they have not read of such a treatment. Let this suggestion not be a deterrent to you because I, and many others, are talking about it based on our personal experiences. Those who are not accepting it, have not tried it. Let them try it and then form an opinion (see page 188).

21. Dr Saxena, you have a regular job and do not earn anything from this therapy. So, what prompted you to delve into this subject?

My brother Saurabh

Saurabh, my brother, was ten years younger to me. He had been suffering from CRF (Chronic Renal Failure) since 1991 and his kidneys failed in 1998. My father donated one of his kidneys to him.

The transplanted kidney gave him some relief initially, but gradually, this kidney also developed problems due to the immunosuppressant drugs. These drugs had the unpleasant side-effect of causing cataract in 2000. He developed osteoporosis in 2001, as these drugs also reduce calcium absorption. The brain and the heart need calcium. If the blood cannot absorb the required amount from food, then it depletes calcium from the bones to keep the brain and heart functional. This process causes unbearable pain to the sufferer in advanced stages. Saurabh had to bear that pain because he did not have a choice. His haemoglobin level gradually came down to 6 gm/dl. The side-effects of these immunosuppressant drugs were clearly noticeable after four years of long dependence. In September 2002, he developed pneumonia, which led to multiple organ failure and he passed away on 10.10.2002. These were really tough times for me.

In the beginning of 2003, my own health was in a very bad shape. I had very low energy levels, very poor absorption of food and suffered from constant fatigue, besides allergy from 40+ items.

One day, I went to meet a close friend of mine and told him that I did not want to live. He listened to me and then suggested that I try the Liver Cleanse, which was gaining popularity in the USA. I found the details on www.curezone.com.

Fed up with the situation, I did my first Liver Cleanse as the last alternative, as I had nothing to lose. I had lost all hope and was fed up with life. I was not sure of the results, but I still gave it a try. The results were miraculous. Subsequently, I did the Liver Cleanse every alternate week for four months. Slowly, my health started to get better and better. Then, encouraged by the improvement, I began practicing it on my family members, then neighbours and finally, close friends. The success, as seen by way of improvement in our health, was astonishing.

I never thought for a moment that these simple health tips would bring so much relief to so many. It is highly satisfying when a person reports how pleased he is with the progress after undergoing this therapy. Day after day, I receive phone calls and mails from people all over India and abroad, telling me how much they have benefited from this therapy and thanking me for sharing my experiences. I feel so humble and grateful when I learn that somebody, somewhere, feels better because of something I have done.

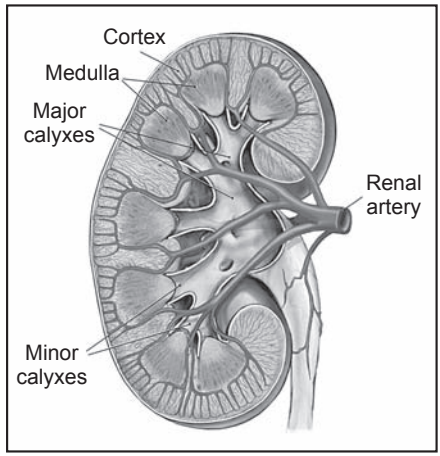
Since I was not aware of this wonderful therapy at the time, I could not ease my brother's pain. Though it might be debatable whether Cleansing Therapy would have helped him, my efforts to promote this therapy is my tribute to Saurabh.

Kidney

Kidneys are the primary organs that remove toxins. We have two kidneys located in the lumbar region, a little below the waist, oriented toward the back. Each kidney weighs nearly 150 gms and is about the size of an adult fist. They are bean-shaped and reddish brown in colour.

Structure

Each kidney has three regions - the cortex, the medulla and the renal pelvis. The outer layer, the cortex, contains nearly 12,00,000 filtering units called nephrons, each consisting of a glomerulus and a renal tubule.



Internal structure of a kidney

Blood flows into a network of capillaries, surrounding each tubule, from the glomerulus, where substances that the body still needs, such as water, glucose and certain salts, are reabsorbed and restored to the blood. In a process called filtration, blood containing waste products, enters the glomerulus, where the cells extract water and waste products, such as urine.

The purified blood is then returned to general circulation throughout the body. Waste, in the form of urine, passes through the ureter into the bladder and regulates acidity of the blood. Everyday, the body's entire volume of blood passes through the kidneys more than 300 times, a flow of nearly 1800 litres, almost all of which is reabsorbed and returned to the blood stream.

The middle part, the medulla, consists of cone shaped groups of urine collecting ducts. The inner region - the renal pelvis, branches into cavities called major and minor calyxes. Each minor calyx gathers urine from the medulla, which is then collected in the major calyxes and funnelled into the ureter.

Functions

The kidneys keep the body's chemistry balanced by removing waste products and excess water. They also regulate blood pressure and stimulate Red Blood Cell (RBC) production. Some of its other functions include:

- Activation of vitamin D absorption
- Elimination of metabolic wastes
- Maintaining acid-base balance (excretes alkaline salts)
- Maintaining electrolyte balance
- Maintaining fluid balance
- Prostaglandin synthesis (the female body uses this hormone for contraction of the womb during childbirth)
- Urine formation and excretion (a healthy adult passes nearly half a litre to two litres of urine a day)

Problems

The body can stay healthy with just a single kidney. However, it is important to treat kidney disorders promptly because some disorders progress rapidly, often affecting both kidneys, before they are even detected. Kidney stones, kidney failures and kidney shrinkage are some of the common problems.

Causes

Some of the major causes of kidney problems are:

- Cooked food
- Diabetes
- Hereditary diseases
- High blood pressure
- Inflammation of kidneys (nephritis)
- Kidney damage, as a side effect of medication, particularly pain killers taken for headache, backache and joint pains
- Lower urinary tract infection, e.g., bladder infections ascending upto the kidneys
- Scarring of kidneys (caused due to reverse flow of urine from the bladder)

Symptoms

The symptoms of a weak kidney can vary considerably from one individual to another. The initial signs of the onset of kidney problems may be general and include:

- Backache
- Blood in urine
- Change in frequency and quantity of urine passed
- High/low blood pressure
- Pain in the kidney area (kidney/ureter stone)
- Pain in bones (vitamin D deficiency)
- Pain or burning sensation while passing urine, indicating an infection
- Puffy, dark grey mess below the eyes, around the face, ankles and elsewhere on the skin
- Tiredness (particularly in the evening)

Kidney Cleanse

Cooked food and pollution affect proper functioning of the kidneys due to which nephrons are unable to remove toxins from the blood properly. These toxins get accumulated, as the body is unable to expel them naturally. Over a long period of time, these toxins form tiny stones that are very difficult for the body to remove and require surgery. A Kidney Cleanse dissolves these stones and dilates the pores so that they can easily pass out of the body. A Kidney Cleanse is also used to cleanse the kidneys from within, by removing deeply embedded toxic wastes.

Ingredients

- Tea* (काढ़ा) made from corn silk (भुट्टे के सुनहरे बाल) - fresh or dried. Ideally, the corn silk should be dried in sunlight. If it is dried properly, it can be preserved for a long time. Washing the dried corn silk before use is strictly prohibited as it loses a lot of its medicinal value. Moreover, the dust and impurities in it can be removed by sedimentation process in which the corn silk is strained before use, **or,**

Dry corn silk

- Tea, made from parsley (a foreign vegetable that looks like green coriander) or coriander leaves (धनिया की पत्ती), should be used fresh. Rinse them in water before boiling. They should be strongly fragrant. If not, they may have lost most of their active ingredients, **or,**

Parsley

- Tea made from watermelon (तरबूज) seeds with their skin intact. The seeds can be black or brown in colour. These can be dried and preserved. Some provision stores that sell agricultural produce also stock watermelon seeds. They are marked

*Tea in this book refers to the concoction, i.e., brewing

'poison', since they have been treated with pesticides. Therefore, you need to wash and dry them before use. Pound them before boiling, so that the medicine from the skin and the innards gets mixed with the water. Do not grind or wash the seeds after crushing.

Watermelon seeds

Quantity

I encourage self-medication. When you are doing it for the first time, you may adhere to the following dosage:

No.	Item	Quantity	Colour of tea
1.	Corn silk (fresh)	500 gms	Dark brown
2.	Corn silk (dried)	50 gms	Dark brown
3.	Parsley/coriander (fresh)	500 gms	Green
4.	Watermelon seeds	200 gms	Brown

Observe the results by yourself and decide whether to increase or decrease the dosages for subsequent use. You may decide the most appropriate quantity and frequency for yourself, though the highest dosage and frequency (the maximum quantity that you can tolerate) is recommended. Taking concentrated medicine in larger quantities yields quicker and better results as the medicine reaches deeper into the affected organ. If nausea or any other undesirable symptom, such as stomach pain, occur, then reduce the dosage.

Some people get better results with corn silk, while others with parsley/coriander leaves or watermelon seeds. I have found concentrated corn silk tea to be the best for myself. However, everyone gets some results using any of the four ingredients. Some have even reported good results with watermelon seeds without the skins, which are available at most grocery stores.

Coriander leaves

Procedure

To make concentrated tea, fill the vessel/pot with just enough water to cover the ingredients and boil any of the three ingredients for 10 minutes. Strain the water and keep it aside. Boil the residue again with fresh water for 10 minutes. Strain it and add it to the water set aside in the previous step. Follow this procedure one more time or until the mixture begins to lose colour. This indicates that the ingredient has no more medicine left in it.

Let the strained mixture stand for a few minutes so that any sediment present sinks to the bottom of the vessel. Carefully, without any sudden movement, pour the upper layer of the mixture into another vessel, until the sediment at the bottom starts flowing. Stop and discard this sediment. This procedure, known as decantation, can be used to separate fine residue from the mixture. Cool the strained mixture. The medicine is now ready for use.

Dosage

Drink one litre of this mixture 3-4 times or more during the day. The mixture has to be stored in a refrigerator otherwise it will get spoiled. It can be stored in the refrigerator for a maximum of a day or two. If refrigerated, it may coagulate (thicken) slightly but its medicinal properties are not affected. If you cannot drink the cold liquid, then you may warm it to your taste. Warming does not affect its medicinal properties (see page 183).

What results can you expect?

When toxins are accumulated in the body and the kidneys cannot filter them out, they are circulated in the blood stream. To reduce the ill-effects of these toxins, the body tends to keep them in a diluted form, thereby retaining more water. When the level of water in the blood stream increases, it causes a condition known as oedema. This results in increased body weight, and swollen face and ankles. During a Kidney Cleanse, the extra water retained in the blood stream is also released. Expect an increase in urination as a result of the cleanse.

During the course of treatment, nearly 1% of patients feel nauseous and nearly 3% experience mild stomach pain. However, these

conditions are not severe and are caused due to the hyperactivity of nephrons during the cleansing process. The pain subsides on its own in 1-2 hours and does not require any treatment. The final result is exhilarating freshness.

Benefits

The first round of treatment should be over in a day and instant improvement will be visible, including:

- Dissolution of kidney stones
- Glowing face, better skin tone with shining and fairer complexion, reduced dark circles below the eyes
- Higher energy levels
- Improved haemoglobin levels
- Improved sleep quality
- Increase in calcium levels (treatment of osteoporosis)
- Increased activity levels
- Old accumulated toxins expelled from the kidney and blood
- Regulated blood pressure (marginally high or low BP are controlled without medication)
- Relief from backache and body pain
- For females, improvement in Pre-Menstrual Symptoms (PMS) and almost all gynaecological problems
- No more bed wetting and prostrate problems

Frequently asked questions

1. Can I use all the ingredients, i.e., corn silk, parsley, coriander and watermelon seeds together?

They are to be taken only one at a time. Any one of them is good enough for the treatment. You may try another option after a few days.

2. I am not able to find corn silk in sufficient quantity in the market due to the off season. My stored corn silk has developed a fungus. Can I still use this contaminated corn silk?

The medicinal properties of this fungus affected dried corn silk do not change. It can be used just as well, with the same results as fresh or dried corn silk. Keep the corn silk under the sun for a few

hours. Then follow the procedure as outlined for the preparation process. If the corn silk has been stored without drying or under wet conditions and has turned black, then it should not be used. You should keep the corn silk under the sun occasionally, so that it remains good for later use. We have mentioned the name and addresses of a few vendors who sell ingredients for the Cleansing Therapy on our websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

3. I cannot find watermelon seeds. Can I replace it with muskmelon (खरबूजा) seeds?

Their properties are totally different. Only watermelon seeds with their skin intact have kidney cleansing properties and not muskmelon seeds.

4. What diet should I follow for Kidney Cleanse?

Just stick to your regular diet and drink Kidney Cleanse tea as much as possible. However, refrain yourself from consuming food that is hard to digest, during the cleansing process.

5. What is the best time to do a Kidney Cleanse?

Kidneys function more efficiently when the stomach is empty and the body is most relaxed in a lying down position, after midnight. I keep a litre of corn silk tea near my bedside at night. If I happen to wake up between 2-4 am, I drink it. This dose is in addition to my regular dosage during the day.

6. I got tremendous benefit after doing a Kidney Cleanse but after one week, I am facing the same old problems.

Sometimes, old problems manifest again, but if you monitor their frequency and intensity, they occur at much lower levels after the cleansing. Secondly, you are continuing to live in the same polluted environment and eating the same food, hence, this manifestation is very normal. Do the cleanse again and your health will improve. You will notice instant improvement in backache, headache, general freshness level and quality of sleep.

7. After following your therapy, why do I experience increased bleeding during menstruation?

This may happen to a few women and is a good sign. You must have felt better in your pre-menstrual symptoms and may have

experienced much less abdominal pain. As soon as the toxins accumulated in your body are expelled, your condition will improve and you will feel better in a day or two.

8. How much corn silk tea can be used for a Kidney Cleanse?

You can have as much corn silk tea as you like. Some people get results in a single glass, while others respond better with six glasses of the concentrated tea. Excess dosage does not harm.

Please note that in a Kidney Cleanse, the quantity of tea is not relevant. What actually matters is the concentration of medicine in the tea after the corn silk is boiled. That is why I recommend boiling the corn silk three times. I ascertain that everybody will get good results after the Kidney Cleanse. However, if you feel that the cleanse has not given the desired results, don't suspect the efficacy of Kidney Cleanse, rather, check the quality and quantity of ingredients as well as the procedure followed.

9. How long should I boil the water for a Kidney Cleanse?

Boiling begins when the water temperature reaches 100° C. At that temperature, the best medicine is extracted from the corn silk. Boiling it for 15 minutes is fine.

10. What should I eat during a Kidney Cleanse and an Acidity Cleanse?

There is no dietary restriction for doing a Kidney and an Acidity Cleanse. You are free to eat any food or follow any diet. Kidney cleanse tea and vegetable juices are most effective when consumed on an empty stomach.

11. Should Kidney Cleanse be started on an empty stomach?

A few doses on an empty stomach will definitely improve the quality of the cleanse. If the medicine is taken on an empty stomach, its absorption in the blood stream will be much better.

12. What is an empty stomach?

Empty stomach is a state when the system has digested nearly all the ingested food. In the morning, the stomach is empty because every thing has been digested during the night. If the breakfast consists of only fruits and a glass of milk, then it is completely digested in 45 minutes. So, you have an empty stomach after 45 minutes. On the other hand, if you eat fried mutton or deep fried

paneer that takes around six hours or more to get digested, then you have an empty stomach after that period and so on.

13. Can I have corn silk tea just before sleeping?

Yes, there is no harm in having it just before sleeping. You can have it any time.

14. Can we add some salt to corn silk tea to make it taste better?

You can add salt or fresh lime if taste is important to you, but do not add sugar.

15. Can we eat the leftover parsley after making the tea?

You can use the residual remains by grinding and filling it in chapatis. However, it has no nutritional value left as all the nutrients have already been extracted in the tea.

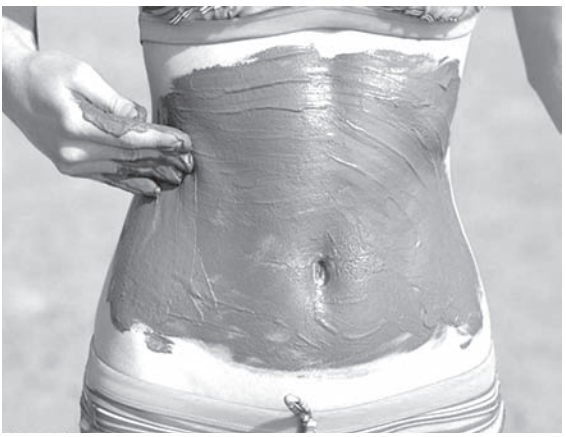
16. Should the corn silk tea be warmed again after refrigeration?

Yes, it can be warmed. Temperature does not affect medicinal properties of the tea. However, it should not be refrigerated for more than a day or two.

17. Can pregnant women do a Kidney Cleanse?

Yes, they can start with half of the regular dosage. Breast feeding mothers can do it with regular doses.

18. I am suffering from calcium deficiency. Can use of calcium supplements during Kidney Cleanse help me?



As a naturopath, I believe that for calcium deficiency, the patient should not be given supplements as these supplements are not absorbed by the deficient body. Rather, efforts should be directed toward improving absorption of calcium in the body. This sounds difficult, but it is the most practical and beneficial way. It can be achieved easily with a Kidney Cleanse, Liver Cleanse, Mud pack therapy and green vegetable juices.

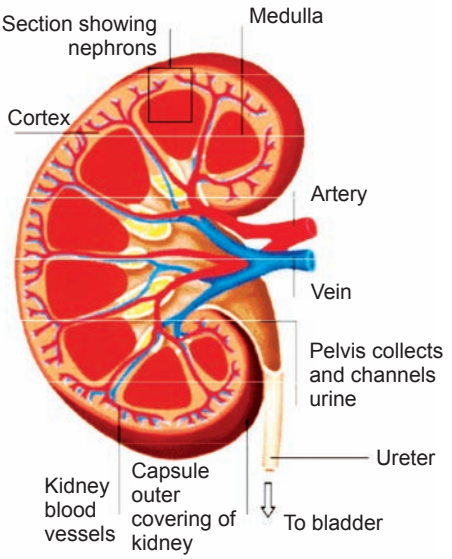
Mud Therapy is being used by people to treat diseases since ancient times. It is believed that the earth has healing powers, which are refreshing, good for treating skin diseases, stomach trouble, kidney disorder, gout, arthritis, asthma, rheumatism, and gynaecological problems.

Mud is an important element of nature. It contains important minerals that have positive effects on human health. The material used for Mud Therapy is mostly clay, taken from 4" below the surface of the earth. It can be used as a pack, or as in bath. Mud can absorb toxins from the human body and is therefore, very useful in preventing many diseases.

It is also known for its healing properties and helps in cooling and relaxing the body as it can hold moisture for a long time. This involves frequent application of mud packs, especially on the abdomen, which helps in removing toxins from the digestive and other internal organs.

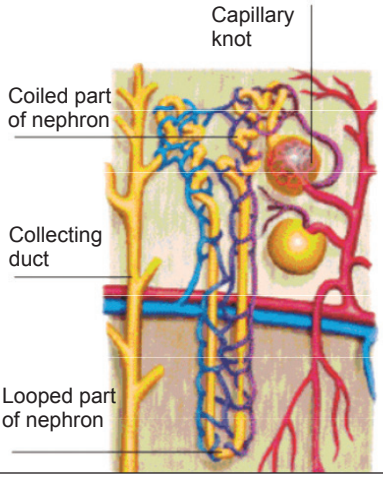
How does a kidney work?

Each of your kidneys constantly filters blood to remove waste and process it as liquid urine. Around 1800 litres of blood fluid is filtered inside the kidneys each day, although only 1.5 litres leaves the body as waste liquid, or urine. This is produced as useful substances are reabsorbed from the waste inside the kidney. This process occurs in millions of tiny tubelike structures, called nephrons, in the outer and middle regions of the kidney - the cortex and the medulla.



Urine production

The capsule of each nephron contains a knot of tiny blood vessels, called capillaries. The high pressure of the blood forces fluid out of these vessels into the nephron. Any useful substances are reabsorbed from the fluid into blood vessels surrounding the coiled part of the nephron. The remaining urine is concentrated as it travels to the collecting duct.

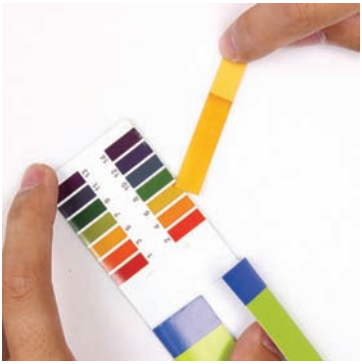


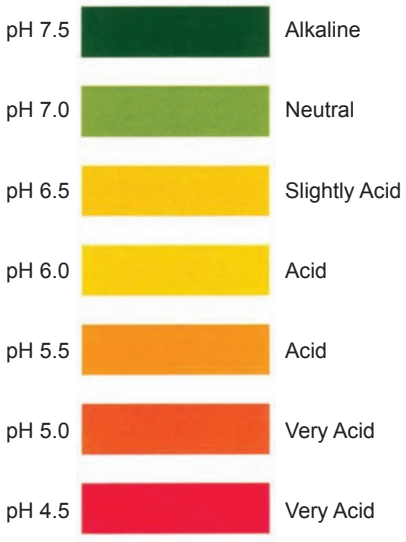
Dr Piyush Saxena preparing corn silk tea

You can watch him explain the complete process on his talk show *'Apna Ilaaj Apne Haath'* on youtube or on www.drpiyushsaxena.com or www.thetempleofhealing.org.

Ingredients for a Kidney Cleanse

Green vegetables for juice





pH test indicator kit with reading strips and chart (clockwise)

pH CHART

Consume Freely Raw is Best

10 — **High Alkaline Ionized Water**

Raw Spinach	Raw Brocolli	Artichokes
Brussel Sprouts	Red Cabbage	Raw Cellery
Cauliflower	Carrots	Potato Skins
Alfalfa Grass	Cucumbers	Collards
Seaweeds	Asparagus	Lemons & Limes

Alkaline pH

9.0

Olive Oil	Most Lettuce	Borage Oil
Raw Zucchini	Sweet Potato	Raw Peas
Sprouted Grains	Raw Eggplant	Alfalfa Sprouts
Raw Green Beans	Blueberries	Pears
Mangoes	Papayas	Figs & Dates
Tangerines	Melons	Kiwi
Grapes		

Most foods get more acidic when cooked

8.0

Apples	Almonds	Avocados
Tomatoes	Fresh Corn	Mushrooms
Turnip	Olives	Soybeans
Bell Peppers	Radish	Rhubarb
Pineapple	Cherries	Millet
Wild Rice	Strawberries	Apricots
Canteloupe	Honeydew	Peaches
Oranges	Grapefruit	Bananas

Neutral pH

Optimum pH for HUMAN BLOOD

7.0 — **Most Tap Water**

Municipalities adjust tap water to be +/- 7.0
Optimum pH for HUMAN BLOOD is 7.365

Butter, fresh, unsalt
Cream, fresh, raw
Milk, raw cow's
Margarine
Oils, except Olive

Acidic pH

Consume sparingly or never

6.0

Milk, Yogurt	Fruit Juices	Cooked Spinach
Most Grains	Soy Milk, Goat's Milk	Coconut
Eggs	Fish	Tea
Kidney Beans	Lima Beans	Plums
Processed Juices	Rye Bread	Spelt
Brown Rice	Cocoa	Rice & Almond Mill
Sprouted Wheat Bread	Oats	Liver
Oysters	Cold Water Fish	Salmon, Tuna

5.0

Cooked Beans	Chicken & Turkey	Beer
Sugar	Canned Fruit	White Rice
Potatoes w/o Skins	Pinto Beans	Navy Beans
Garbanzos	Lentils	Black Beans
Butter, salted	Rice Cakes	Cooked Corn
Wheat Bran	Rhubarb	Molasses

4.0

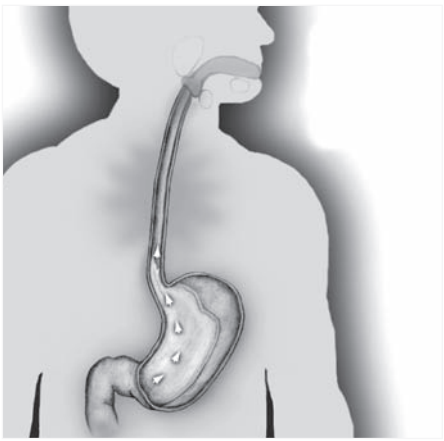
Reverse Osmosis Water	Distilled & Purified Water	Most Bottled Water & Sports Drinks
Coffee	White Bread	
Pistachios	Beef	Blackberries
Cranberries	Prunes	Sweetened Fruit Juices
Wheat	Most Nuts	Tomato Sauce
Popcorn	Peanuts	

3.0

Lamb	Pork	Wine
Shellfish	Pastries	Cheese
Goat Cheese	Soda	Black Tea
Pasta	Pickles	Stress
Worry	Lack of Sleep	Overwork
Tobacco Smoke	Chocolate	Vinegar
Sweet'N Low	Equal	Aspartame
NutraSweet	Processed Food	Microwaved Foods

Acidity

Acidity refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine, and the protective mechanisms that ensure their safety. The stomach normally secretes acids essential for the digestive process. These acids help in breaking down food during digestion. When there is excess production of acids by the gastric glands of the stomach, it results in acidity. Nowadays, our lifestyle and dietary habits are such that they increase the acidity level of the body. Acidity is also responsible for dyspepsia, heartburn and the formation of ulcers (erosion of the lining of the stomach or intestines).



Reverse flow of acid

Acidity is measured in terms of pH. In humans, the normal pH of all tissues and fluids of the body (except the stomach) is slightly alkaline. The acid-base balance of our blood plays an important role in normal day to day functioning of our body. Even a slight imbalance affects the vital functions of the organs, resulting in various health problems.

Acidic, alkaline solutions and pH

The term pH stands for power or 'potential of Hydrogen'. It is the negative logarithm of effective hydrogen ion concentration or hydrogen ion activity in gram equivalents per litre of the solution. It is measured on a scale of 0 to 14 (neutral is seven).

The lower the pH, the more acidic the solution and the higher the pH, the more alkaline. For example, a pH of 5 is more acidic than a pH of 6 and a pH of 9 is more alkaline than a pH of 8. Water (H_2O) is made of one hydrogen (H^+) and one hydroxyl (OH^-) ions. When these ions are in equal proportions, the pH is a neutral 7. When there are more H^+ than OH^- ions, then the solution is acidic.

If OH^- ions outnumber the H^+ ions, then the solution is alkaline. The pH scale is logarithmic, which means that each step is 10 times different than the previous level. In other words, a pH of 4.5 is 10 times more acidic than a pH of 5.5 and 100 times more acidic than a pH of 6.5.

What is normal pH level?

In healthy adults, the pH levels of blood, spinal fluid and saliva is approximately 7.4. The pH of the blood is most critical. All other organs and fluids fluctuate in their values to keep the blood pH level strictly between 7.35 and 7.45 (slightly alkaline). This process is called homoeostasis. The body makes constant adjustments in tissue and fluid pH to maintain this very narrow pH range in the blood. This creates stress on other tissues or body systems. For example, the body draws the necessary calcium from bones and other alkaline substances, such as the muscles, so that the heart and brain function at full levels.

Importance of proper pH balance

Virtually all degenerative diseases, including heart disease, arthritis, osteoporosis, kidney/gallbladder stones and tooth decay, are associated with excess acidity in the body. Cancer and many other diseases cannot exist in an alkaline environment.

When the pH of the body gets out of balance and becomes too acidic, we may experience low energy levels, fatigue, excess weight, poor digestion, aches and pains and other more serious disorders. The symptoms listed on page 41-42 become more prominent.

Regardless of your current health situation, you can monitor your progress toward a proper acid-alkaline balance by testing your saliva's pH. The pH of our saliva parallels with that of the extracellular fluid and represents the most consistent and definitive physical sign of the ionic calcium deficiency syndrome.

How to test pH of saliva?

The acidity level of the human body is not routinely checked. During endoscopy, it is sometimes measured in terms of the pH levels of gastric juices. However, there is a simple way to test the pH level of saliva.

I have shown a sample of a strip on page 35. For testing the pH of saliva, a red coloured thin liquid called pH testing liquid (measuring 5 ml) is available with all big chemists. If you mix your saliva with this liquid, then the colour changes to one of the eight colours, as shown in the picture on page 36.

Another way to test the saliva (and also urine) pH is to use a pH test strip kit. The pH of the non-deficient and healthy person is in the slightly alkaline range of 7.3 (dark blue) to 7.1 (blue). The range from 6.5 (blue green), weakly acidic, to 4.5 (light yellow), strongly acidic, represents states from mildly deficient to strongly deficient, respectively.

The pH of the saliva of a newborn child is normally 7.35 (strongly alkaline). More than half the adults show a pH of 6.5 or lower, reflecting calcium deficiency, due to aging and lifestyle defects. A cancer patient's test result will usually show a bright yellow (a pH of 4.5), especially when the cancer is terminal. You should endeavour to keep the pH of your saliva at 7+ level. Then, you will have no health problems.

Acidity facts

- Rain, in forests, is alkaline, but in cities, it is acidic, due to industrial pollution.
- Sea, spring, river and flowing water (naturally occurring water) are alkaline.
- Chlorinated tap and swimming pool water are acidic.
- Primarily, only raw green vegetables and fruits are alkaline, whereas, most other common foods that we eat are acidic.
- Nature recommends a diet of 20% acidic and 80% alkaline food. However, we normally eat 80% acidic and 20% alkaline food.
- Lemon juice tastes sour because it contains 5% to 6% citric acid and has a pH of 2.2. (high acidity)
- The stomach acid is quite strong. Its pH is between 3 and 5. At this pH, it can dissolve deep fried and difficult to digest foods. The stomach secretes around 1.5 liters of acid per day.

How does the body become too acidic?

The body becomes imbalanced and overly acidic, primarily as a result of three things:

Ingesting acids

Eating too many acidifying food, such as processed sugar, meats, dairy products, coffee and alcohol, create an acidic ash in the body. These acids can overload the body's ability to neutralise them.

Creation of acids

Pathogens create acidifying toxins in the body. As the body becomes more acidic, more and more harmful bacteria and yeast proliferate in the body. These organisms eat as well as procreate, resulting in more toxins that are often very acidifying.

Improper elimination of acids

Some acids are weak while others are strong. Weak acids, such as citric acid, are more easy to neutralise than strong acids, such as uric acid. The body uses many systems to buffer acids, including breath, mineral reserves and fat. When the body's buffering systems are compromised, acidity increases.

Effects of acidity

Maintaining the proper pH in the blood, digestive tract, tissues and fluids is essential for optimal health. High levels of acidity in the body can have far reaching consequences. For example, if the blood becomes too acidic, then:

- It takes some of the alkaline forming elements from the enzymes in the small intestine to stay balanced. The small intestine then becomes less alkaline to digest food optimally. The pancreas, gallbladder and liver are forced to make up for this deficiency to metabolise food properly. This has a direct bearing on metabolic enzyme production, which is involved in every biochemical reaction in the body. The resulting problems are lowered immune function, fatigue, hormonal imbalances, absorption and digestive problems.
- The bones lose calcium, the most alkaline mineral in the body. This can lead to reduced absorption of supplemental minerals and bone density problems.

- Insulin levels increase and fat gets stored instead of being metabolised. When malnutrition or starvation sets in, the body becomes acidic and, as a safety measure, insulin is overproduced so that all available calories are stored as fat for future use. As a result, weight gain takes place. Once obesity sets in, weight loss becomes difficult.
- Electrolyte imbalances occur, which have a direct bearing on the fluid transport system. Electrolytes are important because the cells, especially nerves, heart and muscles, use them to maintain voltages across their cell membranes.
- Additional stress is placed on the kidneys, gallbladder, pancreas and other organs.

Hyperacidity

It is a widespread common disorder. If not treated in time, it leads to ulcer formation in the digestive tract. Chronic hyperacidity interrupts all cellular activities and functions, and interferes with life itself.

Causes

It is mainly caused when hydrochloric acid, an important component of the digestive juices, is produced in excess, due to the following:

- Smoking and alcohol consumption
- Excessive intake of hot, spicy and fried food
- Excessive intake of chocolate, tea and coffee
- Intake of sweets, adulterated, fermented and fatty food
- Use of aspirin and other anti-inflammatory drugs
- Stress-related conditions, such as anger, fear and anxiety
- Fast paced lifestyle, career/job over-consciousness, cooked food, changes in sleep patterns, acidic environment due to vehicle exhaust fumes and industrial waste

Symptoms

Acidity or hyperacidity may manifest in more ways than those listed below. This list is not exhaustive:

- Burning sensation, pain or discomfort in the throat and chest (behind the breastbone) known as heartburn
- Blood in stool

- Headache
- Lack of appetite
- Nausea
- Pain in the abdomen, either immediately after meals (gastric ulcer) or two hours after meals (duodenal ulcer)
- Persistent cough
- Sour oral secretion/belching, with an acidic taste in the mouth, due to regurgitation of acidic fluid in the throat or mouth
- Vomiting, sometimes accompanied with blood

Acidity Cleanse

If your saliva pH is too acidic, you may have to increase the alkalinity of your body. This can be done by including green vegetable juices in your diet. Green juices are a potent fuel in maintaining good health; and they do not come burdened with fats that accompany animal products.

Green vegetable juices

Fresh green vegetable juices work as detoxification drinks and have a powerful effect on the recuperative powers of the body, because of rich and easily absorbable nutrients. Fresh vegetable juices contain proteins, carbohydrates, chlorophyll, mineral electrolytes and healing aromatic oils. Most importantly, a fresh juice makes large amounts of plant enzymes available to every cell in our body, an integral part of the healing and restoration process.

Blood tonic - chlorophyll

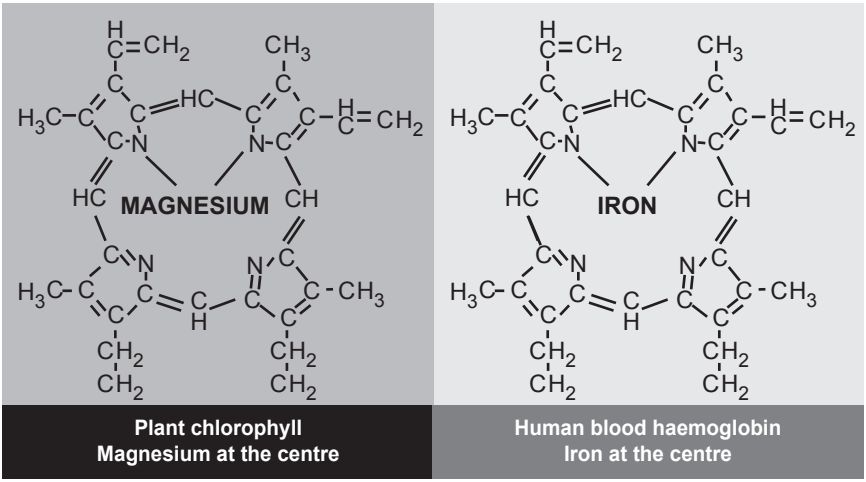
Green vegetable juices also contain large amounts of vitamins B_1 (Thiamine), B_2 (Riboflavin), B_6, B_{12}, C, carotene, choline, folic acid and pantothenic acid. They are high in minerals, such as calcium, copper, iron, magnesium, manganese, potassium and phosphorus. They are full of enzymes useful for digestion and assimilation; some contain over a hundred known enzymes necessary for human cell response and growth.

Green drinks also have anti-infective properties. They remove acid wastes, increase body pH levels, and are an excellent source for mucus cleansing. They can also help in clearing the skin, cleansing the kidneys, purifying and building blood supply.

Green drinks are critical to the success of not only the Acidity Cleanse but also for every cleansing program. The chlorophyll present in various green juices is highly alkaline and forms the basis of our treatment.

Blood tonic - chlorophyll

The molecular composition of chlorophyll is very close to that of human haemoglobin. These drinks can act as mini-transfusions of blood and tonic for the brain and the immune system, since chlorophyll is absorbed directly into the blood stream.



Comparison of human blood haemoglobin and plant blood chlorophyll

Formula of human blood (haemoglobin) - $C_{34}H_{32}O_4N_4ClFe$

Formula of plant blood (chlorophyll-b) - $C_{55}H_{72}O_5N_4Mg$

Blood and chlorophyll resemble each other structurally in the following manner:

1. Both have porphyrin nucleus. Also, the substitutions in 1, 3, 5, 8 (methyl groups) and 2 (vinyl group) positions are the same.
2. Both yield porphyrin upon degradation.
3. Both are composed of carbon, hydrogen, oxygen and nitrogen.
4. Both have metallic portion in a complex form. There is iron in blood and magnesium in chlorophyll.

How to make vegetable juice?

Only use clean and fresh vegetables. You may combine different vegetables in any proportion to suit the needs of your body and taste. Organically grown vegetables are preferred.

Alternatively, they may be soaked overnight in potassium permanganate ($KMnO_4$) solution. I use fresh vegetables (which may have been cultivated using pesticides and fertilisers), purchased from

the ordinary market, without potassium permanganate.

I feel that after undergoing numerous Kidney and Liver Cleanses, the immunity of the human body is sufficiently enhanced to fight the detrimental effects of pesticides and fertilisers.

Do not mix fruits and vegetables while extracting the juice. Wash the vegetables, cut them into small pieces and put them in a juicer. Buy a juicer if you don't have one. Meanwhile, you may use a mixer-cum-grinder. Strain this mixture through a coarse strainer (छननी) with large holes, so that you get enough fibre. The large holes in the strainer allow medium and small pieces of fibre to flow with the juice. Only large pieces, which you find difficult to swallow are strained. The residual green paste can be used in chapati flour.

Drink it fresh, since it spoils quickly. Do not use it beyond 1½ days, even if it has been stored in the fridge. For example, if you have prepared the juice today morning, you can use it only until tomorrow evening.

Check whether your stool sinks or floats

Whether your stool sinks or floats is dependent on its fat as well as water soluble content. Stool that has spent a relatively long time in the large bowel (constipation) will have had most of the water removed and will be dense and heavy, so, it will sink. In comparison, when someone is suffering from diarrhoea, the stool is rushed along the large intestine and very little water gets removed. This results in loose stool, which tends to float.

The condition that can affect the colour and density of stool is malabsorption, where some of the vital nutrients from the diet are not absorbed by the small intestine and are left in the stool. This occurs when the pancreatic gland is not working properly, and can result in the passage of large, pale coloured stool, which floats due to the high fat content. Sometimes, they float due to microscopic air bubbles, trapped inside.

Whatever be the condition, observe your stool after drinking 200 ml of green vegetable juice three times a day for a week. Ingested food will be well digested and absorbed. All the fat will be properly metabolised, the stool will become soft and will sink.

Dosage

Remember that I want you to take enough fibre, chlorophyll, proteins, carbohydrates, mineral electrolytes and nutrients in their natural form. Drink one glass (200 ml) three times a day (nearly 600 ml in a day). After that, decide on the quantity best suited to you. Modify the dosage according to the tolerance level and physical condition of your body. Bear in mind that it is impossible for us to imbibe these juices in excess, since nature has designed us to eat raw food and has provided an inbuilt limiting mechanism that helps us know when to stop.

Witness the miraculous cure, for all your problems, unfold within a week. Many of my friends have replaced their morning tea with a glass of green vegetable juice. Drinking this fresh green juice overnight fights stomach acidity and provides a great start to the day.

Ingredients and tools to make green juices

Green vegetable juices

The juices included here have been used with therapeutic success for many years. You can be confident about their nutritional healing and regenerative ability. A random selection from the following vegetables can be used to start with, in the same or lesser quantity.

Vegetable	Hindi name	Parts to be used			Quantity (gms)
		Skin	Stem	Seeds	
Alfalfa sprouts	अंकुरित अल्फाल्फा	N/A	N/A	N/A	50
Beetroot	चुकन्दर	Yes	Yes	N/A	100
Bitter gourd	करेला	Yes	No	Yes	100
Bottle gourd	लौकी	Yes	No	Yes	500
Cabbage	पत्ता गोभी	N/A	No	N/A	250
Capsicum	शिमला मिर्च	N/A	No	No	250
Carrot	गाजर	Yes	Yes	N/A	200
Celery	सेलेरी	N/A	Yes	N/A	200
Cucumber	खीरा	Yes	Yes	Yes	500
Garlic	लहसुन	No	No	N/A	25
Ginger	अदरक	Yes	No	N/A	25
Goose berry	आँवला	Yes	No	No	50
Green tomato	हरा टमाटर	Yes	No	Yes	250
Lemon	नींबू	Yes	N/A	No	50
Mint	पुदीना	N/A	No	N/A	50
Parsley	पार्सली	N/A	No	N/A	200
Radish	मूली	Yes	Yes	N/A	100
Spinach	पालक	N/A	No	N/A	100
Turnip	शलगम	Yes	Yes	N/A	100

N/A - Not applicable

Note: 1) Parsley, celery, chinese kale, collard and alfalfa sprouts are available at shops that sell foreign vegetables.

2) All citrus fruits, e.g., orange and lemon, are acidic, however, all juices are digested in the stomach and give an alkaline effect, as desired. It can be verified by burning the juice of these fruits. The residue will come out to be alkaline in a litmus test.

Special vegetable juices

Some specific combinations for individual needs are given below. Try them thrice daily for a week to notice a difference. You may omit any vegetable, if it is not available or does not suit you:

1.	**Potassium juice** Make juice using three carrots, three celery stalks, one bunch of spinach and one bunch of parsley. This is the single most effective juice for cleansing, neutralising acids and rebuilding the body. It is a blood and body tonic that provides rapid energy and system balance.
2.	**Personal best V-8** Make juice using eight green tomatoes, four green onions with tops intact, one capsicum, two carrots with tops intact, two celery stalks, one bunch of spinach, one bunch of parsley and two lemons. Personal best is a high vitamin/mineral drink for normalising body balance.
3.	**Cleansing energy tonic** Make juice using four cups of mixed sprouts (e.g., sunflower and/or *moong dal*), one large carrot, one celery, one cucumber and one green onion. It is a good afternoon 'pick-me-up' juice during a seven day cleanse.
4.	**Kidney flush** Make juice using four carrots with tops intact, one cucumber, four beets with tops intact, one handful of spinach and four celery stalks. Kidney flush is a sure shot kidney cleanser and diuretic, with high levels of potassium and other minerals.
5.	**Fungi/yeast cleanser** Make juice using one bunch of parsley, two garlic cloves, six carrots and two celery stalks. This juice is beneficial in treating all type of fungi and yeast problems.

6.	**General health tonic** Make juice using four carrots, one cucumber and two celery stalks. Regular intake of this tonic increases stamina and vitality.
7.	**Prostate cleanser** Make juice using two large handfuls of mixed dark green leaves, especially spinach, chinese kale, collard and dandelion and three large green tomatoes. This juice can be had regularly after the age of fifty for better prostate health.
8.	**Skin cleanser** Make juice using one cucumber, one bunch of fresh parsley, 100 gms of alfalfa sprouts and four sprigs of fresh mint. This deep green cleanse nourishes and tones skin tissues from within.
9.	**Excess body fluid/water cleanser** Make juice using one cucumber, one beet, one radish, one apple without seeds and four carrots with tops intact. You can lose a couple of kgs by drinking this juice.
10.	**Calcium/magnesium juice** Make juice using two garlic cloves, one handful of parsley, one cucumber, four carrots with tops intact and two celery stalks. This helps in reducing high blood pressure.
11.	**Arthritis relief detox** Make juice using a large handful of spinach, a large handful of parsley, a large handful of watercress, five carrots with tops intact and three radishes. Arthritis relief detox increases the flexibility of all joints and can be done along with a Joint Cleanse.
12.	**Bladder infection detox** Make juice using three broccoli flowerets, one garlic clove, two large green tomatoes, two celery stalks and one capsicum. This detox juice increases bladder health and cures Urinary Tract Infections (UTI).

13.	**Cleanse for Crohn's disease and colitis** Make juice using three handfuls of greens - one bunch of spinach, one bunch of parsley and one bunch of chinese kale or collard; and three beets with tops intact, five carrots, one capsicum and one apple without seeds. You can get relief in colitis and other digestive problems by drinking this juice regularly.
14.	**Diverticulitis detox** Make juice using one large handful of parsley, one small green cabbage, two large green tomatoes, four carrots with tops intact, four garlic cloves and two celery stalks. This juice not only brings relief in case of diverticulitis, but also promotes over all digestive health.
15.	**Piles and varicose veins detox** Make juice using three handfuls of dark greens, such as chinese kale leaves, parsley, spinach or watercress and five carrots with tops intact, one green bell pepper and two tomatoes. Due to excess vitamin C, calcium and bioflavonoid, collagen production increases, which helps in growth of new elastic tissues.
16.	**Constipation cleanser** Make juice using one small green cabbage, three celery stalks and five carrots with tops intact. You can benefit in almost all types of constipation problems by drinking this juice for a few days every month.

Fruit juices for specific needs

Drinking fruit juices are a quick wash for the insides of your body. Their high water and sugar content speeds up metabolism and releases wastes quickly. The alkalising effects of these juices helps in reducing sweet cravings:

1.	**Blood builder** Make juice using two bunches of grapes, six oranges and eight lemons. Mix the juice with two cups of water and four teaspoons of honey.

2.	**Allergy cleanser** Make juice using fresh ginger root, one fresh lemon, six carrots with tops intact and one apple.
3.	**Stomach cleanser and breath refreshe**r Make juice using one bunch of grapes, one basket of strawberries, three apples and four mint sprigs.
4.	**Prostate purifier** Make juice using one lemon, one inch of sliced ginger and one bunch of green grapes.
5.	**Piles and varicose vein detox** Make juice using one cup of cherries without seeds, one bunch of green grapes, two slices of a pineapple, one apple and one inch of sliced ginger.
6.	**Arthritis and bursitis detox** Make juice using two peeled oranges, two pineapple slices and one apple.
7.	**Constipation cleanser** Make juice using one firm papaya, one inch of sliced ginger and one pear.
8.	**Acne fighter** Make juice using two pineapple slices, one cucumber, one apple and one inch of sliced ginger.

Home remedies

To get immediate relief from acidity, try any of the following:

- Drink 200 to 500 ml of cold milk
- Drink sugared cold water
- Eat tender pulp of coconut
- Drink coconut water
- Eat watermelon, banana or cucumber
- Chew basil (तुलसी) leaves
- Drink fresh mint (पुदीना) juice
- Suck on a clove or chew an almond
- Drink cold banana milk shake

Frequently asked questions

1. Is it possible to survive only on vegetable juice for a week?

Yes, it is a wonderful experience. Initially, you will have craving for mastication. In such a case, you can eat carrots or cucumbers.

2. How many times a day should I drink this vegetable juice?

Initially, try to drink at least one glass (200 ml) three times a day. Observe the results for a week. Later, you may decide the quantity that best suits your body and lifestyle.

3. What if I eat raw vegetables instead of making juice? Will it have the same effect?

You will get more benefit from the extra fibre if you eat raw vegetables. However, the quantity consumed is very important. It is not practical to eat large quantities of raw vegetables necessary for the desired benefit, and so, I have advised juices for convenience.

4. Isn't there a possibility of getting an infection while drinking the green juices as the vegetables are cultivated in unhygienic conditions?

Eating raw vegetables or drinking their juice is unlikely to cause any harm. We eat raw vegetable salads in restaurants. You already have good levels of immunity in your body. You can raise your immunity levels further by doing Kidney and Liver Cleanses. If you wish, soak the vegetables overnight in a solution of potassium permanganate ($KMnO_4$) for safety.

The normal immunity level of a common person is very good. On Dec 02, 2015, the entire city of Chennai was flooded. Sewer water got mixed with the water supply provided by municipal corporation at some places. However, there were no outbreaks of diseases or epidemics. This was not due to spraying of insecticides or pesticides, but because general immunity levels of people are good. I am also against drinking bottled or so called mineral water. Regular tap water is good enough for 98% of the urban population. The remaining 2% also have good immunity levels, but the marketing jargon of water bottling companies confuses the consumer. They decide to avoid risks and follow the advise of drinking bottled or mineral water.

I drink tap water without any problems. Don’t we rinse our mouths and gargle after brushing with regular tap water? Only a few drops

of contaminated water may have enough germs to make us sick. However, we rarely fall sick even though we use tap water regularly.

5. Should I boil the vegetables for juice?

No. You will get a vegetable soup if you boil them. They are not even supposed to be heated.

6. Can we add salt to the juice?

Yes, you may add salt to taste.

7. Can we add lemon juice to it?

Yes, you may add lemon juice without seeds.

8. Can red tomatoes be used instead of green tomatoes to make vegetable juice for an Acidity Cleanse?

Unripe and raw green tomatoes have greater nutritional value and a lot of chlorophyll. The alkalinity of green tomatoes is far more than the red ones and hence, they are the preferred choice. Nature turned ripe tomatoes red so that birds and animals identify them as food.

9. During an Acidity Cleanse, I pass more gas than normal. Is it ok?

Some vegetables have a tendency to make gas in stomach. Identify those vegetables and remove them from your list. They may be cauliflower, radish or beans. Some people develop it for a few days, but it settles down on its own. This gas is odourless. However, if any of the vegetables cause you some sort of discomfort, you can avoid it.

Parasite

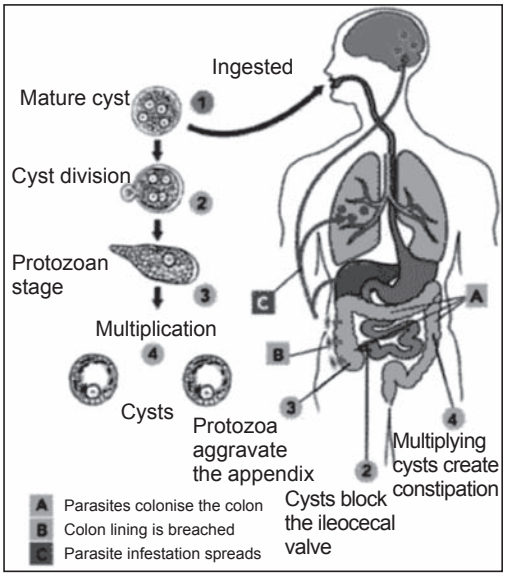
The World Heath Organisation (WHO) estimates that nearly 21.7% of the world's population is infected with roundworms. They can grow upto 12 inches inside the intestine and lay as many as 300,000 eggs in a day. Once the larvae hatches, it only takes two months before they start reproducing.

Newspapers regularly report findings of major medical studies on parasitic organisms or viruses that cause diseases. People often have parasites, such as roundworms, tapeworms, flatworms or microscopic protozoa, living inside their bodies. Except microscopic protozoa, we can see many other parasites with the naked eye.

Parasites are a factor in every illness, and therefore, I have included them in this book.

Your body - home to parasites

If I ask, "Are you aware that there could be parasites inside your body?", you are more likely to say, "Parasites in my body? Are you joking?" We all believe that parasites only affect other people, not us! I used to think the same. The first time I read Hulda Clark's book, 'The Cure for All Diseases', I thought, "This book is not for me". My opinion on her theory changed, when I discovered worms in my stool and in many other patients', after using parasite killing Clarkia tincture containing black walnut hull, cloves and wormwood; the zapper and colloidal silver.



Parasitic infestation in the body

Dr Clark's research discovered that:

1. All people suffer from parasites of one type or another in their lifetime.

2. Parasites and unhealthy tissues are positively charged.
3. Introducing a weak electric current (via the zapper) destroys parasites by reversing their polarity. Negatively charged ions are added to the body to encourage the diseased tissue to heal.

Signs and symptoms

Possible signs and symptoms of parasites inside the body, include:

- Allergy reactions without any apparent reason
- Anaemia or iron deficiency (pernicious anaemia)
- Burning sensation in the stomach
- Cutaneous ulcers, eczema, hives, itchy dermatitis, papilla lesions, rashes, sores and swelling
- Damp lips at night, dry during the day, grinding teeth while asleep
- Depression
- Difficulty in gaining/losing weight, no matter what you do or eat
- Digestive problems (gas, bloating, constipation or diarrhoea that come and go, but never really clear up)
- Eating more than normal but still feeling hungry
- Fast heartbeat, chest pains and pain in the navel
- Food sensitivities and environmental intolerance
- Gastrointestinal problems and bulky stool with excess fat
- Itchy anus, ears, groin, nose, penis or vagina
- Joint and muscle pains with inflammation, often assumed to be arthritis
- Lethargy or tiredness most of the time (chronic fatigue)
- Loss of appetite and a yellowish face
- Waking up multiple times during the night, particularly between 2-3 am
- Pain in the back, thighs and shoulders
- Prone to bacterial and/or viral infections
- Restlessness and anxiety
- Sexual dysfunction in men
- Sexual dysfunction and menstrual problems in women

Diagnosis or cleanse

There are pathological laboratories that diagnose the presence of some parasites in the intestines by developing urine and stool cultures. So far, none of these laboratories have been able to determine all kinds of parasites.

Recognising microscopic eggs in your stool is a harder job than finding bacteria, yeast or virus. If you have worms, our Parasite Cleanse will eliminate them efficiently. Also, it is generally cheaper to do a Parasite Cleanse than to diagnose parasites in stool.

There are not many things that you can do about the parasites in your body. Prescription drugs are available and they work like any other drug. Killing all parasites with a single allopathic medicine is almost impossible, since they target only one or two types of parasites. A few of the medicines available tend to make you quite ill. Imagine taking 10 such drugs to kill a dozen parasites in your body! On the other hand, with a Parasite Cleanse, you can get rid of the maximum number of parasites. The beneficial effects of pills are very low as compared to the Parasite Cleanse tools, such as Clarkia tincture, zapper and colloidal silver.

In July 2003, I did a Liver Cleanse and passed out stones. After 18 cleanses, done every alternate week, I was able to bring the count to zero. During that time, I got a Clarkia tincture bottle and a zapper. I did a Parasite Cleanse for two weeks religiously and had colloidal silver water. Later, when I did a Liver Cleanse again, I was surprised to find that I passed out as many stones as I did during my first cleanse. The result was amazing and my energy levels improved tremendously. It was almost as if I had my childhood energy back. The pH of my saliva rose to nearly seven. This event made me an ardent admirer of Parasite Cleanse.

Tools for a Parasite Cleanse

Clarkia tincture

Clarkia is composed of water, grain alcohol (nearly 37%) and an alcohol extract of three herbs - black walnut, wormwood and cloves. When consumed orally, it kills parasites in the digestive system.

Zapper

It introduces a weak electric current to destroy the parasites inside the body. Viruses and fungi inside cells, parasites in cysts and parasites with exoskeletons (like hookworms in the peripheral tissues) will take longer to kill. But by zapping, you begin to clear the blood and lymphatic fluids, major organ ducts, intestinal and stomach lining, brain and central nervous system off parasites, giving your immune system a tremendous and nearly immediate boost.

Pulsar

It uses high intensity, short duration square wave to immobilise parasites. It treats the lymph system, head, stomach and intestine. It also reaches organs or areas that remain unaffected by the zapper.

Colloidal silver

Colloidal silver is a powerful, natural antibiotic that prevents infections. It acts as a catalyst and disables enzymes that the microscopic one-celled bacteria, viruses and fungi need for oxygen metabolism. The parasites die without harming human enzymes, or parts of the body. The result is destruction of disease causing organisms in the body.

Parasite Cleanse using Clarkia tincture

Many plants that we consume everyday help our immune system in dealing with parasites and promote good health. These plants have existed for thousands of years, even before humans evolved. They had to discover a way to survive and reproduce. These plants had to be stronger than their enemies, such as insects, worms, fungi, yeasts, amoebas, bacteria, viruses and snails. Gradually, they developed a wide arsenal of chemicals for protection. Early humans learnt to use these plants to protect themselves from their own parasites and diseases.

Herbs that kill parasites

Herbs such as black walnut hulls, cloves, wormwood (*Artemisia absynthium*), garlic, black pepper, ginger, lemon, cinnamon, sage, peppermint, pumpkin seeds, cayenne pepper, goldenseal, thyme, cranberry, fennel, male fern, grapefruit seed, apple kernel, onion, olive leaves and apple seeds, are effective parasite killers.

From the above list, three plants (black walnut, wormwood and cloves) have developed extremely strong natural chemicals, and are classified as vermicides.

Black walnut developed strong protection for its seeds/nuts. The green hull of black walnut contains several potent chemicals, strong herbicides, fungicides and vermicides.

Wormwood developed strong protection for its leaves and flowers. Among other chemicals, wormwood contains thujone, a potent vermicide, virucide and antibiotic.

Clove developed strong protection for its flower buds. There is no other herb that is as potent as a clove to kill parasite eggs.

Black walnut **Wormwood** **Cloves**

These three herbs have been highly appreciated by humans for several centuries. They can get rid of more than a hundred different types of parasites present in our body.

Black walnut hull and wormwood kill the adult and development stages of more than a hundred parasites. Cloves kill the eggs. If you kill only the adults, the tiny eggs will soon grow into new adults. If you kill only the eggs, hundreds of tiny parasites, already loose in your body, will soon grow into adults and lay more eggs. The three herbs, therefore, must be used together as a single treatment. Only then can you get rid of the maximum number of parasites.

Usage

As Clarkia is a tincture, it can be used either orally or as an enema. You should have 12-15 drops of Clarkia three times a day for two weeks. Try having Clarkia on an empty stomach for best results. If you feel nauseous, you can have Clarkia with food, after a meal or with water. If the taste is too strong, dilute it with water or any juice.

I have used Clarkia drops on an empty stomach, 12-15 drops three times a day, on the tongue (without water) for one week, along with using pulsar and zapper, besides drinking colloidal silver water twice a day, followed by a Liver Cleanse once in six months and found them to be very effective.

Clarkia

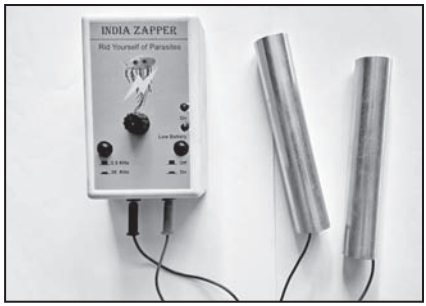
One small Clarkia bottle has 1000 measured drops (60 ml). It is sufficient for one round of treatment of two patients for two weeks. The cost of one small bottle is approximately Rs 2,500/-. The manufacturer justifies the high cost by explaining that the medicinal properties of these plants, viz, black walnut, wormwood and clove, are best if they are used fresh for extracting oils. These plants are grown at a high altitude. High powered cranes are employed by farmers to harvest these plants. Therefore, the cost of the oils extracted is high.

Where can I get these herbs?

These herbs are found on several online stores in USA. Some Indian stores also import these medicines to cater to Indian customers. For more details on these stores, you can check my websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

You can check the availability of Clarkia tincture on the following websites: www.sbherbalremedies.com, www.drclarkstore.com

Parasite Cleanse using zapper



Zapper

Zapper is an electrical device which produces limited current output. It is now established by different approaches that introduction of a direct weak electric current eliminates viruses and other parasitic organisms. Once these parasites are eliminated, the body's healing power can be fully unleashed, restoring vibrant health quickly.

Negative ions repel parasites, regardless of how these ions are generated, i.e., either through electric current or magnets. When parasites come out of cysts and other protected formations, they experience an unpleasant situation due to zapping. Parasites not only die when subjected to electricity, but also disintegrate and are either easily assimilated as harmless nutrients or eliminated.

How does a zapper work?

Every living being broadcasts its presence with frequencies, like a radio station transmitter. The zapper works by transmitting a frequency in alliance with the parasite's unique biorhythms that momentarily disables them. The zapper uses electricity powerful enough to kill parasites, but not powerful enough to harm you. Zapper produces 50% duty cycle square wave (Non Sinusoidal Wave) of + 9 V to 0 V at the selected frequency. Frequencies of 2128 Hz, 10 KHz and 30 KHz can be selected as suggested. This mode has a time duration selection of minimum 10 minutes and maximum 20 minutes.

The zapper current, at the specified voltage and frequency, stuns the pathogen and disrupts its hiding abilities. Once discovered, white blood cells single them out as foreign objects. This enables the body's immune system to identify and eliminate the pathogens, including parasites, bacteria and most viruses. It happens quickly, in about an hour. The white blood cells then proceed to surround the dead invaders and they are removed from the body via urine and/or stool.

How to zap?

You will need two small pieces of cloth. Moisten them with salted water. Salted water is used to improve electric conductivity. Unsalted water will not conduct the weak electric current generated by the zapper into your body.

- Power the zapper either using a power source or battery
- Make salt water solution by adding a teaspoon of salt to water
- Place paper towels, sponge (or cloth) wetted with salt water solution, around the copper pipes
- Turn the power of your zapper on
- Grasp the copper pipes, one in each hand, and hold them firmly
- Hold them for seven minutes
- Do the second zapping for another seven minutes (reverse the copper pipes by switching hands)
- Disconnect the zapper and wait for another seven minutes
- Do the third zapping again for seven minutes, at a changed frequency
- Do the last and fourth zapping at a changed frequency, by switching pipes in both hands
- Repeat it three times every day for seven days

Note: I have used zapper copper pipes in the armpits, neck, tongue, behind the elbows and knees, for better results. As the skin in these parts is soft, the current is able to easily flow into the blood.

Why do we need to zap three times?

The larger parasites are home to a number of smaller parasites and viruses. When you first zap, you will definitely kill parasites. However, after some time, the egg, larvae and pupa, inside the parasite and unaffected by zapping, will come out.

This is when you strike again with the second zapping. The third zapping is for the same reason, because this housing process can work two levels deep: a virus in a parasite is home to another parasite (see page 59 for details).

What changes should you expect from zapping?

Zapping not only eliminates parasites, but also reduces a host of symptoms caused by them, such as:

- A positive feeling
- Acne disappears in a short time
- Better joint mobility
- Brings quick relief from chronic pain
- Carpal tunnel syndrome (wrist pain) disappears in a day or so
- Cuts, scrapes, wounds, infections heal rapidly
- Dead tapeworms appear in the toilet, after a week or so
- Eliminates sinus infections
- Establishes normal pH within a few days (in most cases)
- Eyes become less bloodshot
- Flu and cold are gone
- Helps remove heavy metals and organic toxins from the body
- Improved breathing
- Improves mental clarity and sleep (better dreams)
- Less body, breath and foot odour
- No more depression and migraine
- No more PMS (Pre-Menstrual Syndrome)
- Psoriasis disappears
- Ringworms are eliminated
- Scabies is eliminated and skin tone improves
- Stops ear aches and toothaches
- Stops dandruff
- Stops itching, even from bug bites
- Stops ulcers
- Tumours and Warts shrink, and disappear
- Yeast and candida-type of fungi are removed quickly

How to obtain a zapper?

There are several zapper manufacturers all over the world. I feel that all of them work and so, I have no specific recommendations. I have tried five different types of zappers and used them on different occasions on nearly 500 patients. The results in almost all cases, with the various models, have been very good.

You may also search online to find out more about zapper manufacturers. You can order any zapper of your choice, manufactured in USA. The cost varies from $100 to $400, (plus shipping) for a pulser, zapper and colloidal silver maker.

A few websites are:

www.bestzapper.com

www.maestro-zapper.com

www.stuccu.com

The manufacturer dispatches it in a day or two and it reaches the foreign post office in India within 7-10 days. The customs office normally releases all medicinal stuff immediately. You may expect to get it in your hands in 3-4 weeks (or earlier). If you do not receive it, then contact the foreign delivery office of your local post office. Most likely, you will get it only after payment of customs duty.

You can also make your own zapper at home. The process of manufacturing your own zapper is available on these websites:

www.clarkzapper.net

www.foodzappicator.com

www.positiveoffset.com

www.toolsforhealing.com

www.zapperplans.com

Parasite Cleanse using pulser

A pulser is a potent weapon to destroy parasites and a powerful tool to bring significant changes in health.

A pulser is used to eliminate parasites from the body. It was originally designed to help move the lymph system and remove hiding pathogens.

Devices, such as zapper and pulser, use either small electrical currents or high intensity magnetic pulses to kill living organisms in your body. This includes organisms, such as viruses, bacteria, mold, fungi, and larger parasites, such as tapeworms, ringworms, roundworms and flukes.

India Zapper Deluxe (including pulsar and colloidal silver maker)

Usage

Jusr like zapper, the purpose of a pulser is to help eliminate harmful parasites, allowing the body to heal on its own. Elimination of parasites is an excellent way to boost the immune system and promote good health quickly and safely.

Pulser mode of India Zapper Deluxe is producing 50% duty cycle square wave (Non Sinusoidal Wave) of Dual Voltage +30 V to -30 V at the selected frequency. Frequencies of 4 Hz, 16 Hz and 100 Hz can be selected as suggested. This mode has a time duration selection of minimum 10 minutes and maximum 20 minutes, to kill or immobilise parasites. The coil can be placed anywhere on the body, excluding head and face. The ability to place the coil anywhere means that areas not covered by the zapper are also easily treated, including the lymph system, stomach and intestines.

Parasite Cleanse using colloidal silver

Colloidal silver is a liquid suspension of microscopic particles of silver. A colloid is defined as particles, which remain suspended in the liquid without forming an ionic compound or dissolving in the solution. The broader commercial definition of colloidal silver includes products that contain various concentrations of ionic silver, silver colloids, ionic silver compounds or silver proteins in purified water. Colloidal silver is pure metallic silver (not a chemical compound) of 15 atoms or fewer, each with a positive electric charge, attached to a molecule of simple protein. These particles float in pure water, as the electric charge is stronger than gravity.

History and applications

Compounds of silver have a long history in medicine. Silver nitrate solutions were introduced in 1880 to protect newborn infants' eyes from infection. Creams containing silver, such as silver sulfadiazine, have been used in burn centres for more than a hundred years. Unani medicine uses silver leaves for health benefits.

Colloidal silver maker

Concentrations of colloidal silver, at five parts per million (ppm) or higher, have been found to kill numerous infectious bacteria. One ppm is equivalent to one milligram of solid per litre of liquid (mg/l). Before 1938, colloidal silver was widely used by physicians as a mainstream antibiotic, but the material was costly and the pharmaceutical industry developed fast acting and less expensive sulpha drugs, and penicillin.

Method of action

Colloidal silver, near a virus, fungus, bacteria or any other single celled pathogen, disables its oxygen metabolism enzyme, via the oligodynamic effect, by inhibiting the expression of enzymes and other proteins essential for ATP (Adenosine Tri-Phosphate)

production. Within a few minutes, the pathogen dies and is cleared out of the body by the immune, lymphatic and other elimination systems.

Advantages of colloidal silver over antibiotics

Unlike current antibiotics that destroy beneficial enzymes, colloidal silver leaves tissue cell enzymes intact, as they are radically different from the enzymes of primitive single celled life.

Single-celled bacteria cannot mutate into silver resistant forms, unlike conventional antibiotics. So, they do not develop tolerance to colloidal silver through mutation. Also, colloidal silver does not interact or interfere with other medicines being consumed simultaneously. Silver does not form toxic compounds inside the body or react with anything other than a germ's oxygen-metabolising enzyme.

Dosage

One teaspoon of five ppm colloidal silver equals nearly 25 µgms (micrograms) of silver. One to four teaspoons per day is generally considered to be safe for extended periods of time.

It is recommended to consume 50 ml of colloidal silver water daily for four days, to establish a level and thereafter, 20 ml daily for maintenance (to be adjusted according to body weight for children). After six weeks, you may take a break for a few weeks.

Due to the rapid action of colloidal silver, the five excretory channels of the body (liver, kidneys, skin, lungs and bowel) may be temporarily overloaded causing flu-like conditions, such as headache, fatigue, dizziness, nausea or aching muscles. In such cases, increase your water intake. Reduce dietary sugar and saturated fats. Given the opportunity, the body's natural ability to heal itself will amaze you.

Uses

When consumed orally, the colloidal silver solution is absorbed from the mouth into the bloodstream and transported quickly to the cells. Swishing the solution under the tongue before swallowing may result in faster absorption. In three to four days, the silver will accumulate in the tissues sufficiently to give benefits. It normally takes the kidneys and the lymph system several weeks to flush out the ingested colloidal silver. Hence, it remains in the body for a longer duration and gives strong therapeutic effects. Colloidal silver

is both a remedy and a preventive measure for numerous infections, colds and sickness, due to various bacteria, viruses or fungi, and even the non-harmful low grade general body infections many people have and often ignore. Older folks reportedly feel younger because their body's energies are utilised for other activities rather than constantly fighting diseases. If you are routinely exposed to dangerous pathogenic germs, have a daily dose of colloidal silver water for protection.

To purify water, add 50 ml of colloidal silver in five litres of water. In the natural healing system, it is widely believed that lives of lakhs of people susceptible to chronic low-grade infections can be enhanced by this simple preventative health measure.

Some people use colloidal silver in a nasal spray to reach the sinuses and nasal passages to treat a stuffy nose and even in a baby's eyes, because unlike some antiseptics, it does not destroy tissue cells. Spray bottles have been used topically on kitchen and bathroom surfaces, skin, sore throat, eyes and burns. It is excellent as an underarm deodorant, since most underarm odours are caused by bacteria breaking down substances released by sweat glands. Also, colloidal silver can be applied directly to cuts, scrapes and open sores or on a bandage for warts. It can be applied on eczema, itches, acne or bug bites.

Digestion has also been reported to improve. Medical research has shown that silver promotes rapid healing, with less scar tissue, even in case of severe burns. Irregular use of colloidal silver helps in curing most or all medical problems (symptoms listed on page 55 and elsewhere in this book).

Product quality

The highest grade is produced by the electro-colloidal/non-chemical method, where the silver particles and water have been colloided, i.e., dispersed within, and bound to each other by an electric current. As a result, the superfine silver particles are suspended indefinitely in de-mineralised water. The ideal colour of colloidal silver is cloudy white. High concentrations of silver do not kill disease germs any better than the safe range of 3 to 5 ppm.

Availability

Mono-atomic colloidal silver maker is available in USA. In India, some manufacturers are also selling it now. Detailed information is available on these websites:
www.drpiyushsaxena.com or www.thetempleofhealing.org.

Conclusion

No worm or parasite can exist outside its environment. Hence, if you change your inner environment through cleansing and eating good food, parasites cannot exist. These methods generally include, cleansing the colon, modifying diet, using a substance that kills the parasites, recolonising the intestinal bacteria and taking preventive measures. Keeping your diet free of junk food will definitely discourage parasites. Always wash your hands after using the bathroom, before eating, after changing diapers and handling pets.

Frequently asked questions

1. Is the zapper safe?

Yes, it is safe for everyone, except for women in late stages of pregnancy and patients using a pacemaker. You may sometimes feel the condition worse at the initial stages, as the parasites die, but it gets better in an hour or two.

2. Can I get electrocuted by the zapper?

It is impossible to get electrocuted with a 9V battery or a power supply of the same voltage through adapter. The output voltage is even less.

3. What is the best time to zap?

Any time convenient for you.

4. What should I do if the copper pipes that I hold tarnish quickly?

The tarnish is normal and harmless. You can remove it with a Scotch brite or any coarse jute scrubber and soap.

5. Does it matter which pipe goes into which hand?

No. During the course of zapping, you need to interchange the pipes from one hand to another. However, make sure that the two pipes do not touch each other when the zapper is switched on.

6. How do I know that the zapper is working?

Switch on an AM (not FM) radio. With the zapper turned on, turn the tuning dial until a whine or squealing sound is heard. Turn the zapper on and off several times. If the whine starts and stops in co-ordination with the zapper, then you know the zapper is working.

7. Should I have the Clarkia tincture while zapping?

Yes, you will have an all round attack. You can have the Clarkia tincture as an enema for even better results.

8. Can children also use Clarkia tincture?

Clarkia tincture can be given to children without any apprehension. However, zapper and pulser are much more effective than Clarkia tincture for parasite cleansing. While zapping can be done by anyone, pulser can be used only by children more than 14 years of age. Colloidal silver water can be given even to a new born child.

Regarding the dosage of Clarkia tincture - the manufacturer has suggested to start with 3-4 drops three times a day, whereas, I have tried 12-15 drops three times a day with absolutely no problems. I have personally done all the experiments on myself and my family members, and none of them have shown any problems with a higher dose of Clarkia.

9. Do you recommend using all four, viz, Clarkia tincture, pulser, zapper and colloidal silver, together for two weeks?

I will say that this is the best combination with one/two Kidney and Acidity Cleanse, followed by a Liver Cleanse. You will feel like a new person after doing so. If you are using a zapper and pulser simultaneously, then instead of 14 days, one week is enough.

10. Is there a pathogen (bacteria, viruses, mites, flatworms, hookworms, roundworms or tapeworm) frequency chart, ailment wise, so that a suitable zapper of a particular frequency may be selected for a particular patient?

You can visit our websites www.drpiyushsaxena.com or www.thetempleofhealing.org to find out about the Parasite Cleanse where we have listed 3,200 common ailments and their corresponding zapper frequencies, as received from Dr. Clark.

11. Is there any harm in the continuous use of zapper?

Continuous use of zapper does not cause any harm, it involves extra effort in terms of time and money. Hence, I do not recommend continuous use of zapper for the simple reason that it is not necessary. I only recommend the required and minimal use of medication.

12. Where can I get the zapper and Clarkia tincture for Parasite Cleanse?

We have listed a few stores that usually have all the ingredients necessary for our cleanses. You can visit our websites for more information.

13. What is the price of a zapper?

Zapper prices vary from Rs. 10,000 to Rs. 25,000 or more depending on different manufacturers and features of the zappers.

14. Can we get a zapper on rent?

We haven't found any such reference yet. You can form a group of 4-5 people and share it on a rotational basis.

15. Can I use a zapper while doing a Kidney or Liver Cleanse?

Yes. Their combination will provide you the best results.

16. I have a zapper. Can it work as a pulser as well?

The zapper and pulser are different devices which may or may not be combined. They use different frequencies, different currents, waveforms and delivery methods for passing current into the body. They may be complementary to each other, as both attempt to do similar things (clear parasites and pathogens from the body).

17. Can I use distilled water to make colloidal Silver?

You may use it, but it gives no additional advantage over normal tap water. Tap water, purified water, mineral water or spring water may have some impurities, but they are all good for making colloidal silver water.

18. How long will the silver rods of my colloidal silver maker last?

The amount of colloidal silver you can make with a set of silver wires varies, but it is generally estimated to be nearly 5000 glasses with a 5″ – 6″ set of silver rods.

19. Should salt be added to the water while making colloidal silver?

Colloidal silver tastes pretty much like water. It has a faint metallic tinge. Do not add anything to your water while making colloidal silver.

20. What's the correct way to make colloidal silver solution?

While making colloidal silver, let your colloidal silver maker run until the water turns to a cloudy white colour. This takes nearly 10-20 minutes.

21. How much colloidal silver can I make at one time?

There is no limit to the amount of colloidal silver you can make at one time. Typically, people make a single glass and then divide it into four doses. Have it four times a day for a week to notice improvement.

22. Eating lunch or dinner in silver plates or drinking the colloidal silver water, which is a better option?

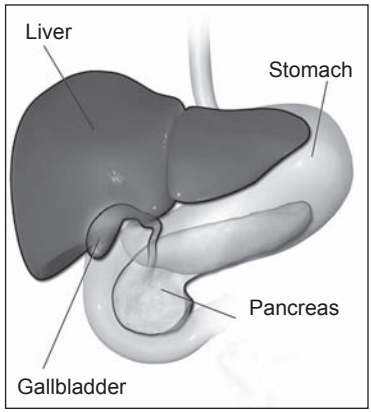
Lunch or dinner in silver plates will definitely help you in the long run, but colloidal silver water will provide instant results.

Liver

The liver is the second largest organ (after skin) in the body, weighing nearly two kgs in an adult. The size of the liver corresponds with the size of the human body.

Structure

The liver is situated in the upper abdomen on the right side, beneath (and loosely attached to) the diaphragm. It is nearly 21-22 cm across at its widest point, 15-17 cm at its greatest vertical height and 10-12 cm across front and back. The liver is composed of soft, red brown tissues, divided into lobes and enclosed by a tough fibrous capsule.



Liver and other organs

The liver has an intricate and complex system of blood vessels. If we were to build a factory to perform all chemical functions that a man's liver could perform, it would spread over a few acres. The circulatory system of the liver is unlike that of any other organ. It receives 25% blood supply from the hepatic artery. The major portion of 75% is received from the portal vein. This blood contains the final products of digestion.

Functions

All of the venous blood, returning from the pancreas, stomach, small intestine and spleen, converges into the portal vein. The liver gets first pickings of everything absorbed in the small intestine, where all nutrients are re-absorbed. So, it is the liver's job to process all food that your intestines absorb. Apart from the above, the liver also performs the following important functions:

- The liver is the main organ that processes foreign substances and make them friendly. Its primary secretion, the bile, is poured into the gallbladder and then, the duodenum (the first part of the small intestine), through the common bile duct. Everyday, the liver produces upto 400 ml of bile. Bile is important for fat digestion. The liver is full of tubes (biliary tubing) that deliver the bile to a large tube, the common bile duct.

- In addition, it has other important functions, similar to that of a ductless gland in the metabolism of carbohydrates and nitrogenous waste products.
- From the venous blood, the liver removes glucose, turns it into glycogen and stores it. When the body needs energy, the liver converts this glycogen back to glucose, which then travels through the bloodstream to the cells, where it is needed.
- The liver converts amino acids into proteins, such as albumin, prothrombin components, fibrinogen, transferrin and glycoprotein.
- It excretes the bile pigments, bilirubin and biliverdin, formed in the cells of the reticulo-endothelial system, from haemoglobin.

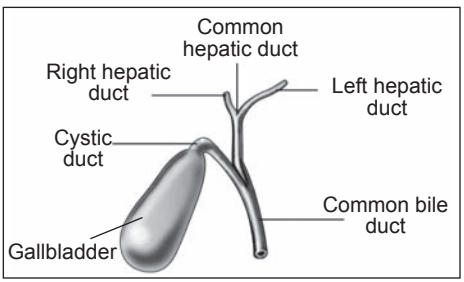
Briefly, the functions of the liver are:

- It is the chemical factory of the body
- It produces bile
- It processes all food
- It converts amino acids into proteins
- It is instrumental in clearing out harmful drugs and other chemicals from the body

Gallbladder

The gallbladder acts as a storage reservoir for bile in concentrated form and is attached to the common bile duct.

The pear shaped gallbladder stores bile, which is released into the small intestine in optimum quantities, as and when needed. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes and the stored bile travels down the common bile duct to the intestines. Without your gallbladder (when it is removed by surgery for instance) the liver will still produce bile, but since the bile can no longer be stored, it is directly released into the intestine. This may result in indigestion of fat. Bile is designed to remove toxins, fat and sludge from the liver and flush out fatty and calcified deposits called gallstones. The longer



Biliary system

the bile remains in the gallbladder, the thicker this bitter greenish liquid becomes and the greater the likelihood of stone formation. These stones are also formed when too little bile is produced. They, in turn, decrease the ability of the liver to make bile, and as a result, less cholesterol and toxins are removed from the body.

How is bile made?

Our body is a wonderful system. It even uses worn out blood cells. The spleen breaks down haemoglobin in the worn out red blood cells into bile salts and other substances. Bile salts are safe for the body in normal amounts. The liver removes excess bile salts and wastes, and sends them to the gallbladder for storage, from where they are released into the small intestine for digestion.

Functions of bile

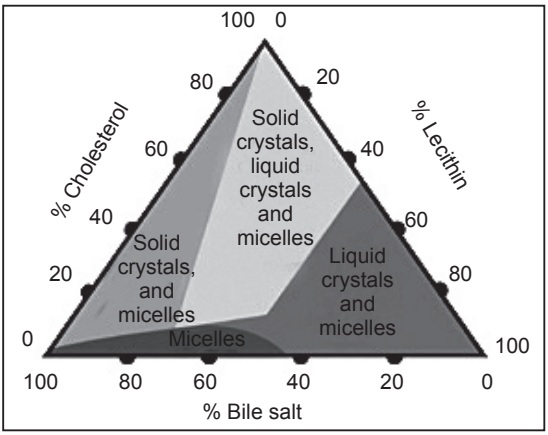
When bile is released into the intestine, it performs the following functions:

- When you eat a meal with fats, the gallbladder releases a large amount of bile to digest them. Bile is essential in the digestion of fats. The concept of emulsifying fats is similar to that of washing greasy dishes. Without adding soap, it is almost impossible to clean the grease. The same way, the gallbladder stores bile that emulsifies fat, so that it can be properly transported by the intestines into the bloodstream
- It neutralises the acid from the stomach
- It is a natural laxative for the colon

What are gallstones?

Stones can form anywhere in the body, where there is a liquid containing mineral salts that can be crystallised, and where the fluid is held for a while in a hollow organ, such as the gallbladder. The stones may be large or small and may grow together causing extra large stones. Small stones are often excreted along with the bile and eliminated with no problem. Larger ones, however, can get lodged in the ducts, causing gallstone colic, one of the most painful illnesses. At other times, gallstones may be silent, and may not cause any pain or symptoms. In autopsies, examiners often find gallbladders full of gallstones.

Often, a gallstone is not a true stone. They are rather rubbery and soft. Most gallstones float. Only a few sink. They are mostly green. The size varies from that of rice grains to golf balls. Even large gallstones slip out easily through the anus. Pathological analysis of a stone sample after a Liver Cleanse was found to be 91% cholesterol and 9% bile salts, water and inert ingredients.



Composition of a gallstone

In many people, including children, the biliary tubes are choked with gallstones. Some people develop allergies or hives, but others exhibit no symptoms. When the gallbladder is scanned or X-rayed, nothing is visible. Typically, gallstones are not only in the gallbladder, but also in the bile duct and liver. More ever, most are too small and not calcified, a prerequisite for visibility in an ultrasound.

Even after surgical removal of the gallbladder, a little pocket remains where stones can accumulate. The Liver Cleanse will flush out the area and expel gallstones that may have formed post surgery.

Symptoms

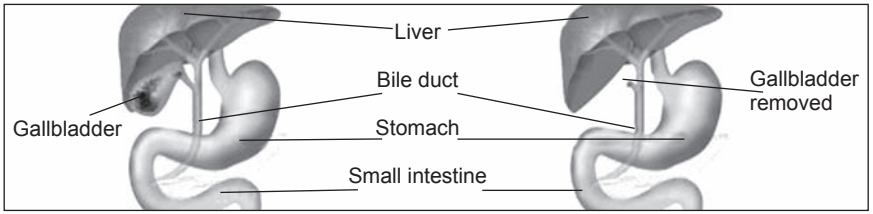
Symptoms of gallstones problem may include:

- Cramping and gas in the stomach or intestine
- Abdominal pain, which could transmit to the right shoulder
- If a gallstone remains lodged in the bile duct for a long time, there will be a build-up of bile behind it. This can result in obstructive jaundice
- Cholecystitis, an inflammation and possible infection in the gall bladder due to high levels of cholesterol

Why should the gallbladder not be removed?

You can survive without a gallbladder, but you are more prone to developing certain health problems. A gallbladder performs several

important roles, such as fat digestion and absorption, removal of cholesterol and other toxins from the body. When a gallbladder is removed, a new pathway for the bile is created. The trouble with this new pathway is that the bile irritates the pancreas. When a cell gets irritated, it performs its function irrationally. In this case, the pancreas cannot produce insulin normally. This may lead to diabetes.



Before gallbladder surgery and after

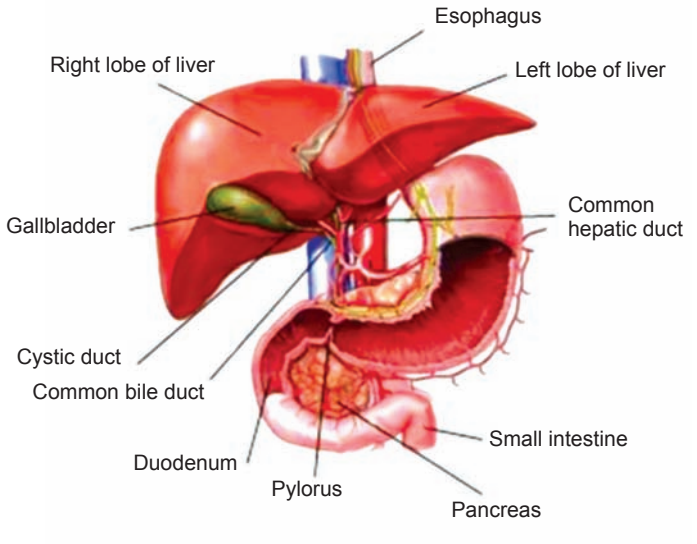
You are at a greater risk of developing a fatty liver, experiencing indigestion and developing deficiencies of essential fatty acids and fat soluble nutrients. Your liver continues to manufacture bile, but there is no longer a place to store or concentrate it. Therefore, the bile slowly trickles into the intestines.

Not digesting fat well means that you will not be able to digest essential fatty acids, including omega-3 and omega-6 fats. It also means you'll have a hard time absorbing fat soluble vitamins, such as vitamins D, E, A and K. A lot of antioxidants in vegetables are fat soluble, such as lycopene, lutein and carotenoids. If you don't produce enough bile, you will not be able to adequately absorb these lifesaving compounds from food. If you take any of the above mentioned nutrients in a supplement form, then without sufficient bile, you will not absorb them well.

Liver and diabetes

When bile ducts get blocked with gallstones, the bile may take another route and end up in the pancreas. Here, the bile attacks the pancreas, causes inflammation and destroys insulin secreting cells. This results in lack of insulin supply, leading to high blood sugar (hyperglycaemia), and disability of the liver and muscles to pick up glucose from the blood and store it. A Liver Cleanse gives relief to patients suffering from this type of diabetes.

Liver and other digestive organs



Ingredient for Liver Cleanse

Epsom salt (Magnesium sulphate)

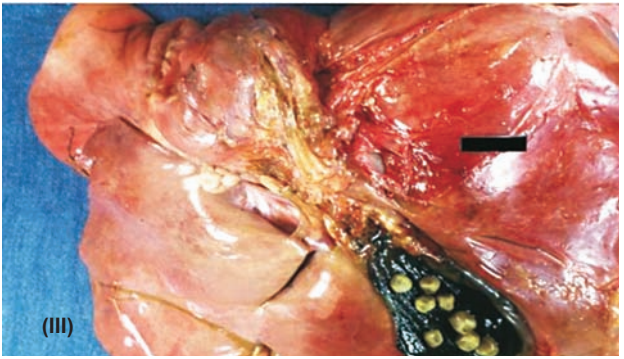
Ingredient for Liver Cleanse

Extra virgin olive oil (only to be used)

Olive oil (not to be used)

Gallbladder stones

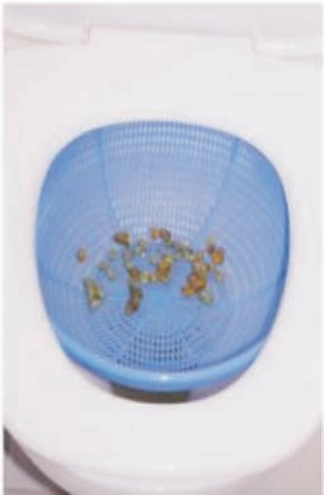
The diameter of the biggest stone is about 2.5 cm
Coins are shown for comparison of relative sizes of the stones



The Gallbladder contains several gallstones of mixed types. They contain both calcium bilirubinate and cholesterol. The above pictures (I) and (II) show gallstones, which people got rid of by doing Liver Cleanses. The one on the top left is nearly 4.5 cm long and 2.5 cm wide. I have done more than 50 Liver Cleanses in the last 12 years and gotten rid of 4,000 stones (large, medium and small). The last picture shows the section of gallbladder containing stones.

Gallbladder stones

Stones of various size passed during a cleanse



Stones collected in a strainer

Liver Cleanse
(Master Cleanse)

Cleansing the liver dramatically improves digestion, which is the basis of your complete health. You can expect your allergies to be reduced by upto 40%, immediately after the first cleanse. The benefits increase with each subsequent cleanse, wherein you will notice a reduction in the frequency and intensity of the allergy.

A Liver Cleanse also ensures a heart attack free life for at least six months following the cleanse, by removing cholesterol and fat deposited in the arteries and blood (see page 90).

Incredibly, it also eliminates shoulder, upper arm and upper back pain, along with many other ailments. You will have more energy and an increased sense of well-being.

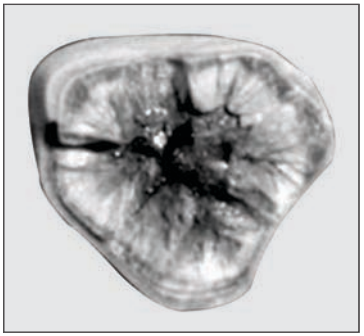
I suggest everyone to do a Liver Cleanse as soon as possible. Within 18 hours of this painless process, anyone can confirm that this Cleansing Therapy is very powerful.

Concept

1. Due to environmental pollutants and consumption of cooked food, toxins accumulate in the capillaries of the liver. To visualise this condition, imagine your garden hose with marbles in it. Very little water will be able to flow, which will not have the ability to flush out the marbles. With gallstones, very little cholesterol is able to leave the body and its levels rise. If you remove the marbles from the garden hose, water will flow freely. Similarly, once you do a Liver Cleanse, your cholesterol levels come down and the performance of the liver is improved.
2. Cleansing reduces clogging of blood capillaries inside the liver, bile duct and gallbladder.
3. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan coloured. The green ones get their colour from a coating of bile. Notice, in the picture on page 79, how many have embedded unidentified objects. Are they just flakes? You can observe a number of gallstones shaped corks with longitudinal grooves below the top. We can make

out the blocked bile ducts from such shapes. Other stones are composites, made of many smaller ones, indicating that they regrouped in the bile ducts sometime after the last cleanse.

4. Gallstones, being porous, can pick up all bacteria, cysts, viruses and parasites passing through the liver.
5. At the very centre of each stone, a lump of bacteria can be found. This is suggestive of a dead parasite that might have initiated the stone formation. In this way, nests of infection are formed, forever supplying the body with fresh bacteria.
6. No stomach problem, such as ulcers and intestinal bloating, can be cured permanently without removing these gallstones from the liver.
7. As the stones grow and become numerous, the back pressure on the liver causes it to make less bile.



Cross section of gallbladder stone

Preparation

- Plan to do your first Liver Cleanse at the earliest. To get the best results in the second round, do a Kidney, Parasite and Acidity Cleanse, before the second Liver Cleanse. You should have your kidneys, bladder and urinary tract in top working condition so that they can efficiently remove any undesirable substances absorbed from the intestine.
- Choose a Saturday (or a day before a holiday) for the cleanse, so that you can rest the next day. After having done numerous cleanses, I now do my Liver Cleanse even on a working day with only slight modification in my schedule.
- Eat a light breakfast and simple lunch, easy to digest. This allows the bile to build up, since less bile is required for digestion of light food. This develops pressure in the liver. The added pressure pushes out more stones. When you are on a fruit diet, you can pass out the maximum number of stones. The reason is simple. Fruits do not need bile for digestion

and the bile remains stored, resulting in more pressure that releases more stones.

- If you are doing any of the other cleanses, such as Kidney Cleanse, Acidity Cleanse or Parasite Cleanse, stop these cleanses by 2 pm, i.e., four hours before the scheduled Liver Cleanse. If you are taking regular medication for blood pressure, diabetes etc., you can continue to take it as usual.

Extra virgin olive oil

Ingredients

1. Extra virgin olive oil (250 ml) for a person of 70 kgs or more, 175 ml for people weighing less than 70 kgs and 150 ml for people who weigh less than 55 kgs (remember that only extra virgin olive oil is needed, not olive oil or virgin olive oil).
2. Fresh juice of orange (संतरा), sweet lime (मौसंबी), tangerine (कीनू) or pineapple (अनानास) approximately in the same quantity as the oil. Tetra pack juices can also be used.
3. Epsom salt or magnesium sulphate ($MgSO_4.7H_2O$), four sachets of 20 gms each per person per Liver Cleanse, for a person weighing 70 kgs or more. People who suffer from hypertension or weigh any less, should have 15 gms of epsom salt. Those who are on regular medication to control hypertension, should take the regular dose of 20 gms. People suffering from hypotension should take a reduced dose of 15 gms, since epsom salt sometimes tends to marginally lower blood pressure.

Epsom salt

4. Water (800 ml); to dissolve epsom salt. You can substitute water with orange/sweet lime, pineapple or apple juice, to avoid the unpleasant taste of epsom salt. However, for best results, have salt with water and observe better cleansing, by way of increased number of stones in stool.

Schedule

2:00 pm Start the Liver Cleanse	Keep your epsom salt ready. Mix 80 gms (20 gms X 4 sachets = 80 gms) of epsom salt (individual needs may vary) in 800 ml of water. This makes four servings of 200 ml each. Keep the jar in a refrigerator to cool the liquid (for convenience and taste).
6:00 pm Dose 1	Drink one glass of the mixture. If you did not prepare this ahead of time, mix a single sachet (20 gms) of epsom salt in one glass of cold water. You may also drink a few mouthfuls of water afterward.
8:00 pm Dose 2	Repeat the procedure by drinking another glass of epsom salt mixture. Visit the bathroom, if needed.
9:45 pm Prepare medicine	Pour 175 ml of extra virgin olive oil into a glass. Prepare juice of orange or sweet lime, or get a tetra pack. You should have 175 ml of juice. Add this to the extra virgin olive oil. Mix the contents in a mixer/whipper for 10 seconds. The medicine is now ready.
10:00 pm Dose 3	Drink the medicine (mixture of oil + juice). Lie down quickly on your right side for 30 minutes, with your head up high on the pillow. The liver is on the right side. This way, more pressure is created on the bile ducts to push out stones. You may feel a train of stones travelling along the bile ducts, like marbles. You will not experience any pain because epsom salt has dilated the bile duct. After 30 minutes, you may sleep on any side that suits you.
6:00 am Dose 4	Have the third dose of epsom salt. If you experience diarrhoea or nausea, take the dose after going to the bathroom once.
8:00 am Dose 5	After Dose 4, wait for two hours and take a second dose of the extra virgin olive oil and fruit juice mixture (75 ml + 75 ml) and go back to bed, the same way as the previous night.

10.00 am Dose 6	Have the fourth and final dose of epsom salt.
11.00 am The course ends	You may start eating. The diarrhoea will come to an end any time now. Start with fruit juices because the digestive system is weak due to diarrhoea. You can eat fruits or light food after half an hour. By dinner time, you should feel recovered from the effects of epsom salt. You may eat regular food, but keep it light.

Note: You may postpone the entire schedule by a few hours if you go to bed late, around midnight, instead of 10 pm. Also, the interval between the doses may be increased or decreased up to an hour or a little more, to suit individual requirements. You may reduce the doses of extra virgin olive oil and epsom salt as follows:

S. No.	Weight	Approximate quantity				
		Extra virgin olive oil			Epsom salt	
		Total	1st dose	2nd dose	Total	Per dose
1.	> 70 kg	250 ml	175 ml	75 ml	80 gms	20 gms
2.	70 - 55 kg	175 ml	125 ml	50 ml	60 gms	15 gms
3.	< 55 kg	150 ml	100 ml	50 ml	50 gms	12 gms

How well did you do?

Loose motions may start any time after the first dose of epsom salt, due to the dilating action of the salt. However, stones come out only after taking the third/fourth dose of epsom salt. They may continue until 2-4 pm.

During diarrhoea, the body loses some essential mineral and nutrients. As a result, it takes some time to recover the lost nutrients. Hence, we need a gap of at least two weeks between two Liver Cleanses. Repeat the Liver Cleanse until all the stones are removed. Afterwards, it is sufficient to do it once in six months.

If possible, use a European toilet, so that you can see the stones float. In Indian toilets, they will be washed away. If you are using an Indian toilet, use a strainer or a net to collect stones, otherwise you will not believe that all this was inside you.

Traditional medical viewpoints

This procedure contradicts many traditional medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are not linked to pains, other than that of gallbladder attacks. They are thought to be few, not thousands. It is easy to understand why this thought is prevalent. Only when you have acute pain attacks, some stones in the gallbladder, big enough and sufficiently calcified, can be seen on an X-ray or radiography, bringing down their numbers (see page 101).

Facts

When the gallbladder is removed, the acute pain attacks subside, but bursitis, other pains and digestive problems remain. People who have had their gallbladder removed surgically still get plenty of green, bile coated stones and anyone who dissects these stones can see that the concentric circles and crystals of cholesterol exactly match textbook pictures of gallstones. Such gallstones are from bile ducts.

Sometimes, the bile ducts are full of cholesterol crystals that did not turn into round stones. They appear as chaff, floating on the toilet bowl water. They may be tan coloured, harbouring hundreds of tiny white crystals. Cleansing this chaff is just as important as purging the stones.

Effects of Liver Cleanse on allergies/asthma

Allergies and asthma are due to a disabled liver and extreme allergies are due to an extremely disabled liver. Allergies occur when a persons immune system reacts to substances in the environment that are harmless for most people. This is the case with people suffering from allergies from lacquer on floors, wall paints, plastic chairs, flowers and dust mites.

Asthma patient using a pump

Food has natural chemicals that need detoxification. Different parts of the liver have different detoxifying jobs. One part detoxifies plastics and solvents, the other detoxifies perfumes, another detoxifies newsprint ink and so on. By constantly changing our food, we avoid

overburdening any one of our detoxifying mechanisms. This is probably the basis for eating different food items in every meal in a day. We somehow know when we are ready for the same food again.

Anything that gets lodged in the bile duct obstructs the flow of bile. This causes pressure in that part of the liver and it produces less bile. The bile duct system is like a gigantic tree with a lot of interconnecting branches. When one is obstructed, others take over its job. However, when a whole section of the liver gets obstructed and cannot detoxify the chemicals, they cause allergy. An individual with an allergy problem of extreme levels needs to take one tablet of citrizine and/or any other anti-allergic drug. With the first Liver Cleanse, 40% of your problems will be relieved. The intensity and severity of the problems will also reduce by 40%. Thereafter, you will need the medicine only on alternate days. After the second cleanse, you will need one tablet every third day. After the third cleanse, you will need half a tablet every third day. In most cases, the requirement of anti-allergic tablets is almost zero after the fourth Liver Cleanse (results may vary slightly from person to person). If, even after the fourth cleanse, 10% of the problem persists, then the patient should do a Parasite Cleanse using Clarkia tincture, zapper, pulser and colloidal silver followed by a fifth Liver Cleanse. After five proper liver cleanses, not only will the allergy problem go away, but the patient will feel significantly better.

Asthma patients will find a lot of relief as well. They can endure indoor air again, sit on plastic chairs, read newspapers, eat seafood, breathe in polluted air, wear nylon or woollen clothing and leather shoes without any adverse reaction. This sounds unbelievable, but is true.

Frequently asked questions

1. We are a group of 22 ladies in the age group of 30-60 years. We have one or more of the following problems:

- **Acne**
- **Age and liver spots**
- **Allergies**
- **Anger/irritability**
- **Blood sugar imbalance**
- **Bone density loss**
- **Breast tenderness**
- **Depression**
- **Dry skin**
- **Facial hair**
- **Fatigue**
- **Feeling of being crazy**
- **Fibrocystic breast**
- **Foggy thinking**

- **Hair loss**
- **Headaches/migraines**
- **Hot/cold flashes**
- **Inability to lose weight**
- **Insomnia**
- **Irregular cycles**
- **Leg/muscle cramps**
- **Low libido**
- **Low thyroid symptoms**
- **Memory loss**
- **Menopausal problems**
- **Panic/weeping**
- **Sciatica**
- **Spondylitis/arthritis**
- **Swollen ankle/feet**
- **Uterine fibroids**
- **Vaginal problems**
- **Water retention**

These are termed as normal and we are advised to live with them. Will a Liver Cleanse be helpful for us?

Yes. Even if you do just one Liver Cleanse, your opinion on the efficacy of this cleanse, either to reduce or even cure your problems, will change. With each subsequent cleanse your condition will further improve.

2. We are a group of 10 men with some of the following problems. Can you help?

- **Acne**
- **Age and liver spots**
- **Allergies**
- **Anger/irritability**
- **Burning sensation during urination**
- **Depression**
- **Diabetes**
- **Dry skin**
- **Enlarged prostate**
- **Erectile dysfunction**
- **Fatigue**
- **Feeling of being crazy**
- **Foggy thinking/memory**
- **Hair loss**
- **Headaches**
- **Inability to lose weight**
- **Insomnia**
- **Lack of sex drive**
- **Leg/muscle cramps**
- **Loss of memory**
- **Low blood sugar**
- **Lower back pain**
- **Migraines**
- **Panic/weeping**
- **Reduced muscular strength**
- **Sciatica**
- **Spondylitis**
- **Swollen ankle/feet**
- **Thyroid problem**
- **Water retention**

The Liver Cleanse is called Master Cleanse, as it can help us get rid of all the above problems. Do it once and feel the difference.

3. How does apple juice help in Liver Cleanse?

Apple juice helps in removing more stones, if taken for a day or two, before the Liver Cleanse. It also has certain properties that soften hardened stones.

4. How does oil enter the liver and cleanse it?

Cleansing the liver is the property of extra virgin olive oil. All patients get demonstrable positive results. We do not need any better proof.

5. What is so special about extra virgin olive oil?

Extra virgin olive oil comes from the goodness of carefully hand picked olives that are cold pressed within 24 hours of harvesting. The oil manufacturing process involves no heat, no chemical interaction, no solvents, no radiation and no microwaves, only pressure. The climate, soil, variety of olive tree and the time of harvest, account for the oil's flavour, smell and colour. Due to the time consuming process required to manufacture extra virgin olive oil and its limited production, true extra virgin olive oil is expensive. The flavour of extra virgin olive oil tends to break down at frying temperatures. Using it in raw form does not increase cholesterol or obesity.

6. Can I drink raw oil in such a large quantity?

That is the only way to do a Liver Cleanse. Just do it. Do not wait because you have a right to a better life.

7. Which are the common brands of extra virgin olive oil?

Figaro, Borges, Leonardo, Del Monte, Farrel, Bertolli, Milagro, Filippo Berio, Rafael, Salgado and Verdenso are commonly available brands of extra virgin olive oil. All of them are good. However use a sealed fresh bottle for best results.

8. Can I use regular olive oil or virgin olive oil?

Extra virgin olive oil has liver cleansing properties. If you are unable to get it, you may use others as a last resort.

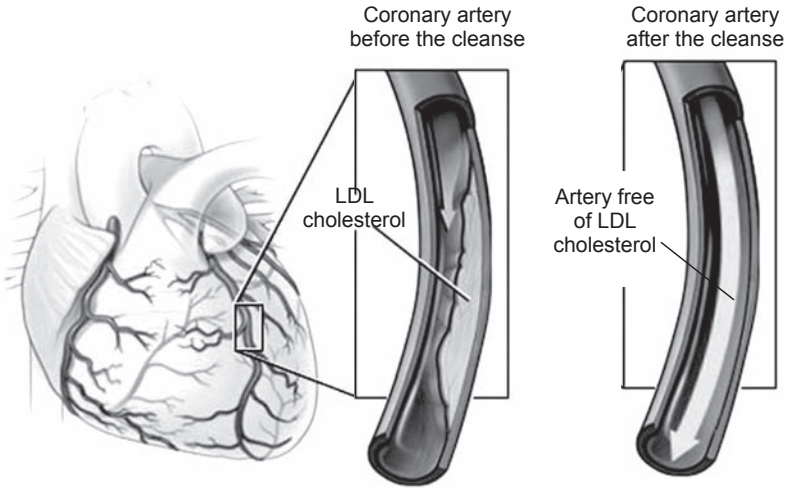
9. My neighbour told me that she has been taking 10 ml of extra virgin olive oil with lemon juice daily in the morning for the past two months for better liver health. Can I follow her?

There are around eight Liver Cleanse recipes. She is following one of them. This is also effective, but it takes a lot more time to achieve the same effect as compared to our Liver Cleanse. Just ask her to compare the results of her procedure with our method and notice the difference in just two days.

10. Can the Liver Cleanse avert bypass/heart attack?

Yes, definitely. Once the LDL (Low Density Lipoprotien) leaves the body, the chances of cardiac arrest/bypass are minimised. The LDL cholesterol, accumulated in your liver, is cleared by the Liver Cleanse.

It is an inherent property of the blood to balance all its ingredients uniformly in the body. It picks up accumulated cholesterol from comparatively high concentration areas, such as the coronary artery, and brings it to the liver. Thus, arterial blockages are reduced and you will avert a bypass procedure. A single proper Liver Cleanse helps you prevent heart attacks for at least 6 months!



A Liver Cleanse protects you from heart attack for atleast six months, by reducing cholesterol levels in arteries.

Liver Cleanse - the Master Cleanse

In just five Liver Cleanses, my LDL cholesterol reduced from 154 mg/dL to 103 mg/dL. It is a commendable achievement by any standard.

11. I have not eaten any fatty food for the past 10 years. How can I have any excess bad cholesterol in my body?

Fat is required by living beings for lubrication of body parts. Therefore, the liver produces a limited quantity of fat and cholesterol from food. Due to cooked food and environmental pollution, the LDL cholesterol so produced is sometimes in excess of the requirement.

12. How can your Liver Cleanse treatment bring improvement in diabetic patients?

The liver synthesises sugar from vegetables and other food. Sometimes, the liver makes more sugar than the body needs, which causes the blood sugar levels to rise. Patients suffering from this type of diabetes experience considerable improvement after a Liver Cleanse.

13. I have high/low blood pressure. How can I take such a heavy dose of epsom salt?

If you are taking blood pressure regulating medicine, then it will not harm you. You can take your medicine while doing a cleanse.

If it is marginally low, then there is no problem. If it is significantly low, then you have to be careful, since epsom salt tends to lower blood pressure. You may have to reduce the dosage.

14. I have ulcers in the stomach. Can I take epsom salt?

If the ulcers are small and few in number, then the Liver Cleanse may cause some bleeding. However, the advantage of doing the Liver Cleanse will be much more than the risk of a little bleeding. One solution is to have green vegetable juices for a week, three times a day (200 ml each) to reduce the ulcers and then proceed with a Liver Cleanse. Another way is to have Gelusil or any other antacid, two spoons, before and after every dose of epsom salt to reduce irritation.

15. I am not ok with the taste of epsom salt. Is there a substitute? If not, then can I reduce the dosage?

Liver Cleanse uses epsom salt to dilate the capillaries in the liver, bile ducts and gallbladder and induce diarrhoea so that even big stones may pass smoothly in greater quantity. A Liver Cleanse can happen without epsom salt, using only extra virgin olive oil, but the elimination of toxins will only be $1/4^{th}$ of the normal quantity. Epsom salt may cause temporary discomfort for a few hours. Bear with it. You can also mix orange/sweet lime juice to it for better taste.

16. Can I use only epsom salt to induce motion to treat constipation?

Epsom salt should not be used as a laxative. There are better options available in the market. Epsom salt is used in the Liver

Cleanse to dilate the bile ducts, induce diarrhoea and flush out more and bigger stones.

17. What do I do if vomiting/giddiness occurs while drinking epsom salt or extra virgin olive oil?

Normally this should not happen. However, if it does, it should be treated as a part of the cleansing process. Proceed with the cleansing process without changing anything. The residual medicine in the stomach will still yield results. Have some coconut water, without the pulp, in case of giddiness. You can also have any fresh fruit juice.

18. Is it possible to do a Liver Cleanse under careful medical supervision?

If you have read this book carefully and seen the videos on my website or YouTube channel, then you know that no other supervision is needed and you can do it on your own. If you have any apprehension, then you can find a list of volunteers in your neighbourhood on our website, who can help you with the Liver Cleanse.

19. Your therapy does not seem to have any scientific studies backing the promised results. How can you convince me that this is not quackery, but a genuine therapy?

Most alternative therapies do not have the luxury of having money spent on them, by way of marketing and advertising. We are wasting our precious health and time if we wait for universities and pharmaceutical companies to back these inexpensive procedures. This runs against their multi-billion dollar profit policies and they will strive to prevent the spread of such information. I suggest trusting your instincts and getting some basic knowledge of anatomy, chemistry and physiology, and applying some logic, common sense and will to understand the process behind our Cleansing Therapy.

20. Why should I believe in Liver Cleanse? Why should I waste my precious weekend? Is it possible that drinking extra virgin olive oil could turn out to be a sick joke?

Actually, most successful therapies sound quite scary the first time, as you hear something radically new and different. There are a

few such therapies, e.g., reiki, acupuncture, acupressure, amalgam replacement, colonics, enema and ozone therapy. I agree that pills are simpler, but the problem with them is that they do not and cannot deliver even 1/10th of the results delivered by a single Liver Cleanse.

21. What if something goes wrong?

Liver Cleanse has been a grandma's recipe for for many years. People in USA and other developed countries have been doing it. I have been practising this therapy since 2004. Thousands of patients have benefited. You need not worry about anything except diarrhoea for a few hours. However, it is recommended to read the Liver Cleanse procedure and watch my video *'Apna Ilaaj Apne Haath'* on my website.

22. My doctor says that he has never read about your Liver Cleanse in his course. What is your comment?

When the doctor says, "I cannot comment", you get scared. Just ask him, "What are the risks involved and the downside?", for each of the ingredients. He may again offer no comments, or say, "Diarrhoea and nausea". If he forbids you to do it, then remember that he is against it because he has not had an opportunity to experience this miraculous cure for himself, whereas, I recommend it based on my personal experience. Visit my website to see testimonials of patients who have already done it (www.drpiyushsaxena.com or www.thetempleofhealing.org), and look for someone in your neighbourhood. Talk to them or meet them. Science will be much better off if people maintain an attitude of open enquiry and test the observations of others, before forming rigid opinions. Proceed with your Liver Cleanse. You are not bound to trust the opinions of those who have never tried it themselves.

23. If the Liver Cleanse is so effective and has the potential to help a large number of people, how is it possible that it is not accepted by established medical practice?

Doctors practice medicine as it is established by the standard of care. These inexpensive, home-made therapies are not marketed because they do not generate any revenue. Today, there is a phenomenal growth in the practice of several alternative therapies that people consider last resorts, usually through word of mouth, as

a desperate attempt to try anything. When they observe significant improvement or even complete cure, much to the disbelief of the educated doctor, they slowly start to believe that there are other alternative methods to cure diseases, which are cheaper and easier.

Over the last 12 years, we have seen an exponential growth in the number of people following Cleansing Therapy and willing to share the benefits with others, purely to improve their health and not for any monetary benefits.

24. Who did the first Liver Cleanse?

The Liver Cleanse process started in USA and is now commonly followed in several western countries. In 1992, I remember reading about an 85 year old lady, Suzanne, who was suffering from several health problems. She could not stand. She had not eaten for days and suffered from severe constipation. She was confident that she would not live until the next morning. One of her friends advised her to take extra virgin olive oil. She took 400 ml of extra virgin olive oil at 11 pm and went to bed with no hopes. Around 2 am onwards, she started going to the toilet and did so five to six times until 6 am. In the morning, she observed that she was feeling much better. The rest, as they say, is history.

25. I am too busy to do a cleanse. Can you help me find time from my choc-a-bloc schedule?

According to the Pareto Principle, 80% of your achievements and revenues come from 20% effort. To begin with, compromise on your effort for the remaining 20% achievements and generate 80% surplus time. Utilise that extra time for Cleansing Therapy and other things that you want to do. Soon your efficiency will improve and you will have 120% achievement/revenue from 40% effort.

26. Why do you persuade so much to start a Liver Cleanse at the earliest?

Everybody, including me, is very happy after doing a Liver Cleanse. Its miraculous results give a new lease of life to everyone irrespective of whether they are sick or healthy. I want to share this with you to change your health. I believe that everybody has a right to better health. Hence, I persuade everyone to do a Liver Cleanse at the earliest and not delay it for frivolous reasons.

27. What is the difference between epsom salt, *sendha namak, lahori namak,* iodised salt and sea salt?

Epsom salt is magnesium sulphate ($MgSO4.7H_2O$), whereas the others are different forms of sodium chloride (NaCl). Only epsom salt is used for Liver Cleanse. Some dictionaries wrongly define epsom salt as *sendha namak*. Epsom salt does not have any vernacular name. However, in North India it is called 'magsulph'.

28. Where can I get original epsom salt?

There are no fake epsom salt products, because they are inexpensive. It is available for Rs. 7-10 per 20 gms. Epsom salt of non-food grade which is often marked as for bath use can also be used. It is available for Rs 30/- for 175 gms. Both serve the same purpose, except that in a 175 gms box you need to measure doses of approximately 20 gms each. Don't worry if it is one or two grams less or more than the advised dose.

29. What is the right quantity of water to dissolve 80 gms of salt?

The main active ingredient is epsom salt. The prescribed water quantity of 800 ml is for convenience. You can use water in any quantity, which may be much less or more than the recommended dosage.

30. I did a Liver Cleanse, but my stones are still in the same place and they are of the same size.

Take a print out from my website www.drpiyushsaxena.com of: i. How dependable are pathological reports, and, ii. Original reports. As a precautionary measure, get an ultra sound done in a different hospital without mentioning the previous report to confirm its correctness. However, if you still find some stones, do a Kidney Cleanse, Acidity Cleanse and most importantly, Parasite Cleanse with zapper and pulser followed by a Liver Cleanse once again. Then rest assured, it will be confirmed by any test that you don't have any stones in your gall bladder.

31. Can pregnant ladies and lactating mothers safely do it?

Yes, pregnant ladies (except during the last month) and lactating mothers (except in the first four months) can safely do a Liver Cleanse.

32. Can children do a Liver Cleanse?

It is absolutely safe for children more than 10 years and younger children, excluding infants and kids, may do it under careful supervision.

33. Do gallstones hurt when they pass through the common bile ducts?

No, they are extremely soft and never hurt. They pass out very smoothly. Many patients with gallbladder stone size of even 29 mm have passed it out conveniently in a Liver Cleanse.

34. Do gallstones sink in water?

Most gallstones are made of cholesterol (nearly 91%). They normally float, even if they are chaff. When they are calcified, they sink.

35. Should I take medicine to stop diarrhoea caused by the Liver Cleanse?

Diarrhoea is a condition of excessive, frequent and loose bowel movements. Normal diarrhoea sometimes needs treatment, whereas induced diarrhoea, caused by epsom salt during a Liver Cleanse is automatically cured in four to six hours after the cleanse, without any medication.

36. What if I do not get any loose motion even after taking all doses of epsom salt and extra virgin olive oil as advised?

I have come across only one such case so far. You may have developed some constitutional abnormality in your body if you have been taking heavy doses of allopathic medicines for a long time (5-10 years). In such a case, take a fifth dose of epsom salt at 11 am.

37. I am constipated. I drink one litre of water everyday in the morning. Otherwise, I do not get motions. My spouse takes ayurvedic powder every night to get motions. Should we take it on the Liver Cleanse day or avoid it?

Epsom salt is a laxative, so it should serve the purpose. You will not feel constipated. You may have water, but no medicine is needed on the day of cleansing.

38. Four members of our family did Liver Cleanse, exactly as you had recommended. Three members passed out stones, whereas I passed out only green water. Is there anything wrong with me? I am feeling much better though.

Do not worry. Everything is alright, since you are feeling better. It is the result of the Liver Cleanse. In your case, it might be that the stones were in the form of chaff or too small to be noticed. Some people pass out stones in subsequent cleanses. You may try again.

39. Can we drink water/tea during Liver Cleanse?

There is no need to be cautious about water intake. You may drink water during the cleanse to keep your body hydrated. You may also drink a little tea, but not much, as it adversely affects the cleansing process.

40. Can we add fresh lime in epsom salt for better taste?

Yes, epsom salt is persistent in its properties when mixed with lemon. So you can mix both, if it suits your taste buds.

41. I have an irresistible feeling of hunger during Liver Cleanse.

You can eat fresh fruits, drink fruit juice/coconut water or eat raw carrots, in limited quantity. However, you are advised not to eat any fried food or food in large quantity, as it will utilise the stored bile and adversely affect the flushing of stones.

42. I have headache, drowsiness, nausea and body pain. Can I take any medicine?

These are a few symptoms that may or may not show up during or just after the Liver Cleanse. Don't worry. They will disappear in a couple of hours after the cleanse. If the pain is unbearable, you can take a pain killer.

43. I usually sleep late at night. Can I postpone the schedule of my dosage?

Yes, you can postpone it by an hour or two or as per your sleeping pattern, but the serial order of the dosage must remain the same. The time interval between the doses can also be adjusted by upto an hour.

44. I slept on left side instead of right side, what can I do now?

It makes some difference, but it will not greatly affect the overall efficacy of the cleanse. If you realised this during the initial minutes of taking a dose, turn and sleep on your right side for about 30 minutes.

45. For my morning 8 am dose, I took epsom salt instead of extra virgin olive oil. Should I continue the process by taking extra virgin olive oil?

The cleansing process ends with this dose of epsom salt. You need not take extra virgin olive oil. Try to make a chart of the dosage and mark it when done, to avoid any lapse in future.

46. I am a healthy person with a normal weight. Can I do a Liver Cleanse with half the dosage of epsom salt and extra virgin olive oil?

The recommended dosage for the Liver Cleanse gives assured results for all. For some people, even half dosage may give good results. However, follow the serial order as instructed.

47. I have a fatty liver. Should I do a Liver Cleanse?

Fatty liver is a term that describes the build-up of fat in the liver. It's normal to have some fat in your liver. If it is more than 5 to 10% of your liver weight, only then can it be termed as a fatty liver. Don't worry about it and start with your Liver Cleanse right away.

48. I have recently suffered from jaundice. Should I do a Liver Cleanse?

Jaundice is a disease affecting the liver, with symptoms such as yellowing of the skin and eyes. If you continue to experience acute symptoms of jaundice, then avoid doing a Liver Cleanse until the symptoms subside.

49. My kidneys have failed. I am on dialysis. I have been advised not to do a Kidney Cleanse. Can I do a Liver Cleanse?

Yes, but under supervision of a relative who has already done this cleanse. Your condition will improve a lot. You may contact me for more information.

50. I have diabetes. How can I do a Liver Cleanse?

If you are suffering from diabetes for a long time, ten years or more, then don't do a Liver Cleanse, or do it with reduced dosage, upto 50% less of the normal dosage as the internal organs of the body become weak due to continuous dosage of insulin.

However, if you haven't been on medicines for a long time and your general health is in good condition, then you should do a Liver Cleanse. You may have some fresh fruits, such as apple, orange, sweet lime and grapes (no mango or litchi), between the process, along with your regular medication.

51. I have hyperacidity. Can a Liver Cleanse will help ?

You should do a Liver Cleanse, followed by an Acidity Cleanse for maximum benefits.

52. I weigh nearly 120 kgs. How much epsom salt should I take?

Epsom salt dosage of 20 gms x 4 is the maximum permitted dosage. It must not be increased, in any case.

53. I am grossly underweight. My weight is 40 kgs, height 5'4" and I am 32 years old. Can I do a Liver Cleanse?

You can safely do a Liver Cleanse with half of the recommended dosage of ingredients. After a Liver Cleanse, you may gain weight, as your digestion as well as absorption of food will improve.

54. I am overweight by 22 kgs. How will a Liver Cleanse help?

During a Liver Cleanse, patients lose a lot of LDL cholesterol. The body retains a significant amount of water and other undesirable substances to keep the LDL in a diluted form, if it is beyond the desired limits. Once LDL cholesterol reduces, the undesirable substances and water also leave the body, resulting in weight loss of upto 2 kgs on a permanent basis.

55. I have liver cirrhosis. Should I do Liver Cleanse?

You are advised not to do a Liver Cleanse, if the symptoms are serious. Otherwise, do it with reduced doses, under the supervision of some one who has already done it.

56. I had some bleeding from anus after the Liver cleanse.

It is a rare phenomenon. It may be due to an already existing ulcer in the stomach or intestine. You may take Gelusil, as advised in question no. 14 on page 91. For relief from bleeding or pain, you can wipe it dry with a tissue paper or a soft cloth and apply any cream. You will be fine in an hour or two.

57. I am from a remote village. I cannot get extra virgin olive oil in nearby areas. Can I try any other oil for Liver Cleanse?

Try to get extra virgin olive oil as only this oil provides the best result. Currently, it is available in the food section of shopping malls of all major towns, which may be a few hundred kilometres from where you may be residing. However, as a last alternative, I suggest using extra virgin olive oil, virgin olive oil or olive oil, in that order. You will get some good result. In any case, start a Liver Cleanse at the earliest with whatever oil that you can get. Show the photographs on page 77-78 to the shop keeper.

58. I did a Liver Cleanse and later, I developed infection and fever.

The ingredients used for Liver Cleanse do not contain any bacteria or fungus to cause infection. You may have already had some infection. Normally, any type of infection takes 3-4 days to exhibit symptoms. Perhaps, you did a Liver Cleanse during this period. Though you benefited from the cleanse, the fever occurred when the bacteria proliferated. It is just a coincidence. If you feel that it was caused by the Liver Cleanse, then you are completely wrong. Take a proper antibiotic or any other medicine to fight the infection as recommended by your doctor.

59. With so many inconveniences attached to the Liver Cleanse, how can you recommend it?

I have never faced any inconvenience and neither do most people. I have listed many problems, so that you need not run to the doctor in a panic, whenever any minor discomfort arises.

60. Can anybody do this Liver Cleanse?

You can suggest this therapy to anybody, but only after you have tested it on yourself. Remember, in Cleansing Therapy, you are your own doctor, so be prepared to help your patients by setting your own example. However, if you have any of the following ailments with major discomfort, then you should preferably do a Liver Cleanse under the supervision of someone who has already done it:

- cancer
- diabetes (with five years or more on medication)
- cirrhosis of the liver
- tumour in the liver
- a major surgery in the past four months
- recovered from a long ailment
- elderly, and physically weak
- big ulcers in the stomach/intestine

If the case is acute, you may contact me for detailed guidelines.

Liver Cleanse
Opinions, allegations and clarifications

Time and again, many opinions of allopathic practitioners and other doomsayers have indicated that gallbladder stones cannot be cured by a Liver Cleanse. They say that it is a sick joke and an experiment by a quack. People experience cramping, diarrhoea, sweating, nausea or general sickness, but exult after they complete the Liver Cleanse. They feel much better after getting rid of 100 to 200 gallstones (sometimes even more) from their gallbladder! The opponents of Liver Cleanse say that we, the doers of Liver Cleanse, without any proof of having gallstones in the first place, shout out that we have gotten rid of those stones. They say that what we see in the toilet is actually just saponified oil (oil coagulated with apple or other juices), because the body cannot digest too much oil at one time, and to get rid of it, saponification takes place.

They cite the gallbladder example. The gallbladder is a tiny structure and does not have room to hold bile, hundreds of gallstones and the common bile duct. The number of stones observed in the stool would require a gallbladder the size of a football to hold them!

In view of the above allegations, I would like them to just type Liver Cleanse on Google search. More than 10 lakh search results appear. None of these sites are promoted by professional medical practitioners, who charge, directly or indirectly, hefty fee from patients. All of these sites are promoted by common people, like me, who have done a Liver Cleanse and so have their family members. Most of us do not charge any fee and mainly propagate it for a greater social cause.

I accept that bile duct is too thin to pass a stone, but epsom salt dilates it for a short while and, as a result, the gallbladder passes stones smoothly. Also, we, the practitioners of Liver Cleanse, have always maintained that gallbladder stones are not only in the gall bladder, but are also scattered in the liver and bile ducts. Most of them are not actual stones, but are soft cholesterol chaffs.

People claim that there is no proof, through ultrasound and pathological reports, that gallstones are passed in diarrhoea after a Liver Cleanse. This is a blatant lie. In fact, whenever a test is done

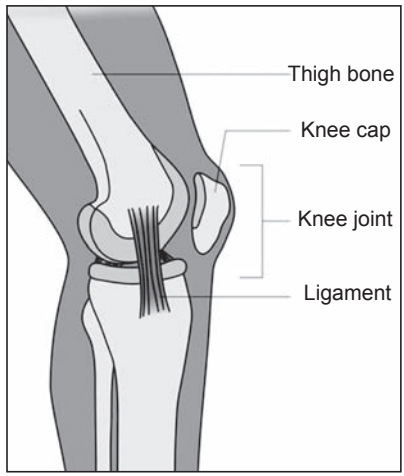
after a proper Liver Cleanse, the ultrasound reports confirm reduction in number of stones.

The theory of saponified oil, i.e., oil coagulated with fruit juice, is again a negative approach toward Liver Cleanse. Olive oil solidifies at refrigerator temperatures, roughly 3^{o} C. Water is a pure substance, so it freezes at an exact temperature. On the other hand, olive oil is a complex mixture of oils and waxes. The temperature of our body is 37^{o} C, thus, freezing of oil is ruled out. The LDL Cholesterol in the gall bladder stones melts at nearly 55^{o} C. The stones in the Liver Cleanse diarrhoea melt at the same temperature when exposed to the sun. No chemical technique can create solid soft stones by coagulating oil with apple or citrus juice.

Above all, these opponents of Liver Cleanse, in the first place, have never done a Liver Cleanse. We have done it, felt it and propagate it for the benefit of human kind without any monetary benefit.

Do you need any more evidence to justify Liver Cleanse?

Joints



Knee joint

I have already discussed the importance of acidic and alkaline ions in food. Acidic elements are ingested over years, by way of food that we eat, liquids that we drink and the air that we breathe. Excess acidic chemicals, either left overs or formed in the body, have to be thrown out by the body, but often, this does not properly happen. It may eventually deposit itself in various places, between the joints, on the bones or in the muscles. One of the worst effects of the accumulation of acidic chemicals are arthritis and rheumatism. Both are extremely painful conditions. When the deposit is in the muscles, the effect is muscular rheumatism. This is due to the tension in the muscles attached to the damaged joints.

The spine is also very often affected, resulting in spondylitis causing misalignment of the vertebrae. Vertebrae fused by deposits of acid will invariably affect the part of the body controlled by nerves lying in the affected area.

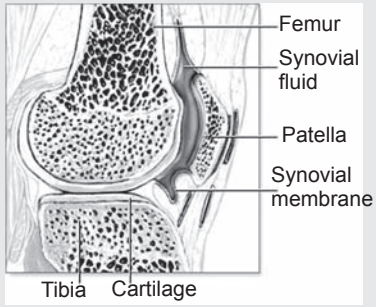
Arthritis

Arthritis means painful inflammation and accompanying stiffness of joints. When acidic chemicals increase, they lead to symptoms, such as swelling and pain, which are the hallmarks of joint disorders, such as osteoarthritis (degenerative disease, characterised by morning stiffness that comes with age), rheumatoid arthritis (auto-immune and chronic multi system disease), gouty arthritis and fibromyalgia (when there is pain, but no apparent cause).

Arthritis is common among people more than 40 years of age, but it can occur earlier as well. It is three times more common in females than males. It may be hereditary in some families, and sometimes, even children may suffer.

Synovial fluid

Every joint in the body is covered by a synovial membrane, which secretes synovial fluid. It is a thick, oily fluid found in the cavities of synovial joints that enables the joints to move freely, one on the other. With its egg white like consistency (synovial comes from Latin for 'egg'), synovial fluid reduces friction between the articular cartilage and other tissues in joints to cushion them during movement. It is also the shock absorber of the joints.

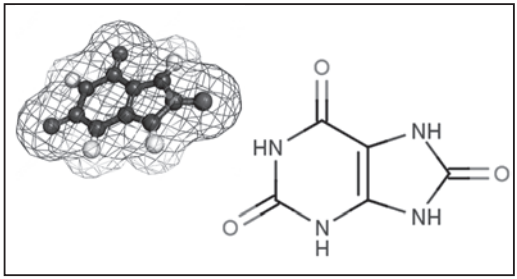


Cross section of knee joint

When toxins collect in the synovial fluid between the joints, the synovial membrane is worn out by continuous movement on the hard surfaces. This compromises the normal function of the fluid, leading to pain during limb movement.

Causes

The underlying cause in all types of arthritis and primarily in gout is the presence of excess uric acid ($C_5H_4N_4O_3$) in the body. It is often caused by a build up of acids, due to years of faulty diet.



Chemical formula of uric acid

These deposits have an affinity with organic lime, a prominent constituent of the bony material. Hence, it gets deposited there. Lime is an alkaline substance. Due to attraction of the opposites, the acids in the body are inevitably drawn to this alkaline substance for mutual neutralisation. The result of this process is inflammation, a condition that causes the joints to swell and become extremely tender and painful.

Invariably, an affected joint feels stiff and locked. As a result, deformity occurs, due to the erosive condition of the bones, caused by the acid. The joint is then rendered incapable of performing its

natural action. The lower parts of the body almost always seem to be worst affected by chronic arthritis as they bear the weight of the body and blood circulation is not as active in the lower limbs. Depression, which frequently afflicts sufferers of this disease, aggravates the pain. Rheumatoid arthritis is systemic. Once it appears in any one joint, it gradually spreads to other joints as well.

Symptoms

A few common symptoms of arthritis are:

- Joint pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion
- Morning stiffness
- Inflammation

Dealing with arthritis

Adopt a method of treatment and a way of life that will eliminate toxic acids from the body. Do a Joint Cleanse and remove uric acid, acidic chemicals and all signs of arthritis. Develop a positive attitude. Be cheerful and optimistic.

Try to include nutrients necessary to neutralise acids in the body in your diet and further reduce the intake of acidic food.

Joint Cleanse

Arthritis, as explained earlier, begins from wrong eating habits and as corollary, can be handled and cured upto a certain limit by a proper diet. Proper management of eating habits will help in dissolving the acid deposits and alleviate pain.

Fresh vegetables and fruits are still relatively cheap and easy to obtain, as are milk, chicken and fish, which provide sufficient protein for a healthy diet. Along with these dietary changes, do the Joint Cleanse once in two years and you will find at least 50% improvement in your condition.

Ingredients

- Apple cider vinegar 2 litres
- Black molasses 500 gms
- Honey 500 gms
- Epsom salt 1 kg

Procedure

1. In the morning, dissolve a teaspoon (five ml) of honey in 100 ml of lukewarm water. Add three teaspoons (15 ml) of apple cider vinegar to it. This mixture should be taken thrice daily. For an average built person of 70 kgs, a daily intake of 45 ml of apple cider vinegar (15 ml x 3 times = 45 ml) is recommended. Do not take a lower dose. But, if your weight is lower than 70 kgs, reduce it proportionately. The quantity of apple cider vinegar in the blood should be sufficient to dissolve uric acid from joints in a six week long treatment. Do not worry about nausea or vomiting, if it occurs.
2. Have one teaspoon of black molasses, three times a day.
3. Take three epsom salt baths every week.
4. Have a full range of alkaline food rich in vitamins, minerals and protein to help burn acids already accumulated in the body.
5. Try to work the joints gently by walking in fresh air. If that is not possible, even slow movement on crutches in a well ventilated room will help. Begin with efforts to move fingers and ultimately, move the limbs.
6. Drink 200 ml of green vegetable juices three times a day (or as

per your convenience) made from a large handful of spinach, a large handful of parsley, five carrots with tops intact and three radishes. There is no need to wait to get all vegetables before starting the cleanse. Start the treatment with whatever vegetables you get from this list. Avoid any vegetable that does not suit your metabolism.

7. Do the complete treatment for six weeks.
8. When acidic chemicals present in the joints leave the body through vinegar => blood => urine, pain will also leave the body.

The process

Apple cider vinegar

It is a vinegar made from cider or apple must, i.e., juice of the skins of apples. It is sour in taste and has a pale to medium amber colour. Vinegars have long been proposed as agents enabling weight loss. However, one of its important properties is removing acidic toxins from the joints. The hard acid deposits causing arthritis are very similar in substance to the shell of an egg. Apple cider vinegar has the ability to dissolve these acid deposits, so they pass out naturally via urine.

Apple cider vinegar

When apple cider vinegar is taken orally, it is absorbed through the gastrointestinal system and achieves adequate concentration in the blood. This blood carries the vinegar to the affected joints for a 'local targeted' action. Under the influence of apple cider vinegar, the acids or toxins dissolve.

Sometimes, after the second week of treatment the pain increases. The pain may be slightly more than before and may spread all over the body. The reason is easy to understand. The blood becomes saturated with apple cider vinegar, which starts to work on acid deposits, churning and dissolving them. Rest assured that it goes away in a week's time.

Try this yourself

Place an egg, complete with shell, in a jar or glass. Cover the egg with pure apple cider vinegar and in two days, the shell will completely dissolve, leaving just the contents in a thin, rubbery membrane.

For some people, this process may cause extra pain. The pain might get worse before they start to feel better. The patient may think that the treatment is doing more harm than good. Unfortunately, many patients give up the treatment too soon, when the actual healing process starts. When the sufferer experiences this reaction, they should think, “The treatment is working for me; in a week or two, the pain will go away and I shall get better and be free of this pain”, and should not, instead, give up the treatment. For counselling during this stage, you can always contact us and we will guide you throughout the process.

Arthritic people are often overweight, due to inactivity. Their joint movements are so painful, that the natural reaction is to minimise the pain by avoiding movement. This leads to a further increase in weight. Apple cider vinegar is a natural diuretic and acts, to some extent, as a slimming agent. Many arthritics also suffer from high blood pressure, angina or some form of circulatory disease. Apple cider vinegar also acts as a blood normaliser to attain homoeostasis, i.e., if the blood pressure is high, it will bring it down slightly and if the blood pressure is low, it will raise it slightly.

Sometimes, ridges appear on nails due to lack of calcium salts in the tissues. This deficiency can also affect bones, teeth and hair. Apple cider vinegar encourages the body to make more effective use of calcium derived from food. For normal people, two teaspoons of apple cider vinegar taken three times a day for a month may even act as a preventive measure for arthritis, in addition to other disorders likely to affect the body due to lack of calcium assimilation.

Honey

Honey is packed with natural vitamins, minerals and traces of many elements. Honey varies in its composition based on the source of flowers and the bees that collect it. Darker coloured honey contains more iron and is more beneficial for arthritics, as they generally suffer from iron deficiency.

Honey

Honey contains (among other ingredients):

Acids	Iron	Potassium
Amino acids	Lime	Proteins
Calcium	Magnesium	Silica
Chlorine	Manganese	Sodium
Copper	Nitrogen	Sulphur
Dextrine	Phosphorus	

The trace elements listed above are essential for the activation of enzymes. They mediate the action of different cells in the body, aid in digestion and nerve and muscle functions, amongst other activities.

Most arthritics feel acute pain, have sleepless nights and become very depressed. Most of the B-complex vitamins can be found in honey and they act on the nerves. Honey is highly beneficial for the tired, nervous and highly strung arthritis sufferer. The drawback is that honey is also rich in glucose and fructose, which (although in pre-digested form) is still a red alert for diabetics. Overweight and diabetic patients should consume honey with care.

Black molasses

Black molasses

Molasses are made from raw unsulphured cane sugar. It is a black substance, packed with nutrients and may be taken at any time, as per convenience. For therapeutic use, I usually recommend one teaspoon, three times a day. I have found one teaspoon of molasses dissolved in 100 ml of warm water to be appropriate for most patients. This is easily assimilated and digested. Molasses may be taken undiluted, but should be immediately followed by rinsing your mouth with warm water, as it has a tendency to discolour the teeth. Those with delicate stomachs may take it in smaller, more frequent doses.

Molasses is a wonderful blood cleanser for arthritics. Arthritics are prone to stomach ulcers, diverticulitis and similar conditions, caused by acids eating away the stomach and colon linings. Black molasses offers relief. Very often, patients face a loss of muscle tone due to lack of essential mineral salts in the body. Molasses proves most valuable in these cases, as its salt content helps re-establish muscle tone. For external growths, boils, sore and cuts, molasses

applied with a little water and as a poultice, is a wonderful natural ointment. It helps in treating skin diseases, e.g., dermatitis, eczema and psoriasis.

Molasses is a rich source of iron and can alleviate tiredness. It is a rich source of vitamin B complex, which acts on the nerves, relieving spells of deep depression, bouts of painful neuralgia and debilitating attacks of cold and influenza. Molasses also contains copper and magnesium, phosphoric acid and potassium.

Note: It is available near sugar cane factories, during the crushing season. It is a waste product of jaggery (गुड़) production. This can be used for our cleanse, but it cannot be stored for long. Black molasses is now commercially available in India. Preserved black molasses can usually be obtained from stores that sell foreign food products. For availability of preserved black molasses, visit our websites: www.drpiyushsaxena.com or www.thetempleofhealing.org.

Epsom salt

Our skin is, broadly speaking, a permeable membrane. It provides an excellent medium for elimination of acids. Joint Cleanse uses epsom salt as a drawing agent of toxins accumulated between joints. Epsom salt can be obtained from any chemist.

Epsom salt

An epsom salt bath is very relaxing and pain relieving. You will sleep well after the bath. Epsom salt should be dissolved in a bath tub with warm water, at a tolerable temperature. The temperature of water may be maintained at a more or less constant level by adding fresh hot water and mixing more epsom salt.

Beginning with the toes, move every joint until you reach the neck. Exercise the joints within the limits of tolerance. The movement makes the deposits, stuck in the joints, loose and the epsom salt draws out these toxins. The warm water will also open pores of the skin, enhancing the removal of toxins.

After a bath of 5-10 minutes, dry yourself with a towel and if the weather permits, try to sleep in blankets, so as to keep yourself warm and sweating. This helps in keeping pores of the skin open all night,

and encourages elimination of acids through sweating. After a salt bath, the body must not be exposed to cold or cool breeze. Keeping the body warm is very important as it will prolong the period of elimination. Sometimes, you may feel some weakness and lethargy, which usually goes away in one or two hours.

In case a bath tub is not available, heat water in an ordinary kitchen bowl large enough to put your feet, at a comfortable temperature. Add a cup of epsom salt and soak your feet in this solution for 10-15 minutes, rubbing them gently. The cool water may be removed and replaced with hot water, and epsom salt may be added from time to time to maintain the temperature at the desired level. For example, if you are removing half the water from the bowl to add fresh hot water, then also add half a cup of epsom salt. Afterward, remove your feet from the solution, dry them and keep them covered. Then, soak your hands in the same way. The whole process may be repeated twice daily - with some variation in the frequency and soaking time - according to individual requirement and tolerance level.

Soaking the feet in warm epsom salt water

A similar option, also effective, is to wrap hot wet towels, soaked in epsom salt added water, for 5-10 minutes around each joint, either one at a time or simultaneously, using many towels as a poultice. The objective is to open the pores.

Conclusion

Arthritis is a difficult ailment to cure, but at least one major cause of pain is accumulation of acids in the joints. I aim for nearly 50% reduction in pain levels on a permanent basis in all arthritic patients who complete this course. There are several instances where patients, who have suffered from severe arthritis for many years, have not only regained free movement of their joints, but are also living a medicine-free life after doing the treatment.

Frequently asked questions

1. Why should we stop treatment after six weeks? Can we continue it?

First, after six weeks, the incremental benefits of continued treatment are likely to be marginal. Second, I want you to lead a medicine free life. However, if you feel better by continuing the treatment, you may do so. It does not cause any harm.

2. Why do you suggest Kidney Cleanse, Acidity Cleanse, Parasite Cleanse and Liver Cleanse for arthritic patients?

The toxins in all parts of the body should be removed to have well functioning organs. Only cleansing a particular organ will not have the same effect as the combined removal of toxins from all organs. Hence, I recommend you to benefit from other cleanses as well.

3. Are there any restrictions on food during the treatment?

Eating less acidic food and more alkaline food, such as green vegetables and their juices, helps in elimination of toxins.

4. Is there any benefit in case of spondylitis, gout or any other joint pain?

Yes, it benefits as much as in case of arthritis.

5. I am sure I do not have arthritis. Can I still take this treatment?

You can. After doing it, you will definitely notice a difference and your joints will move more freely.

6. Which are the different brands of apple cider vinegar?

There are several brands of apple cider vinegar, but two are commonly available in India - American garden vinegar of USA (Rs 450/- for one litre bottle, Rs 250/- for 500 ml) and Heinz vinegar of USA or UK (costs the same). A patient needs nearly two bottles of one litre each.

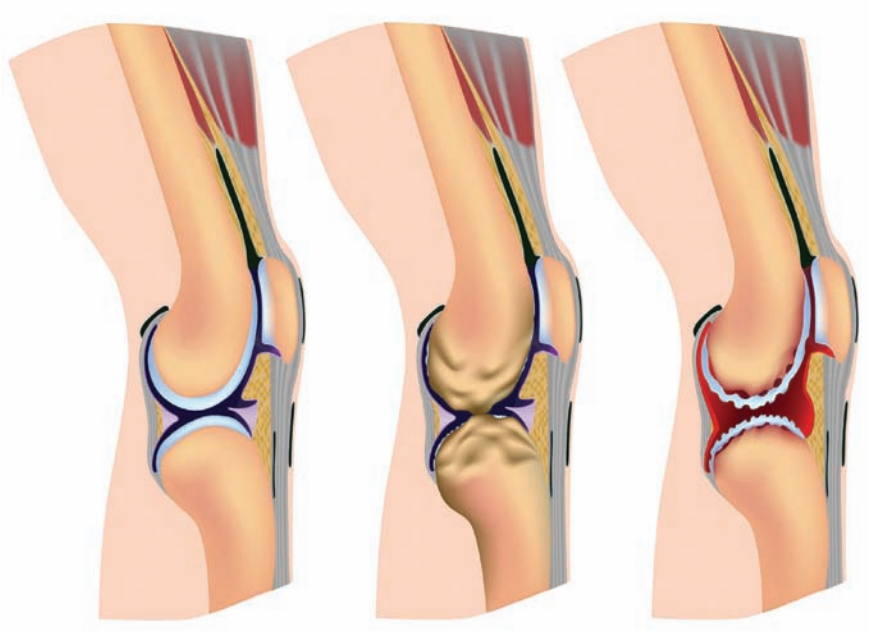
7. Should we take apple cider vinegar on an empty stomach or after food?

For best results, have it on an empty stomach. Initially, you can also take it after food and observe the effects.

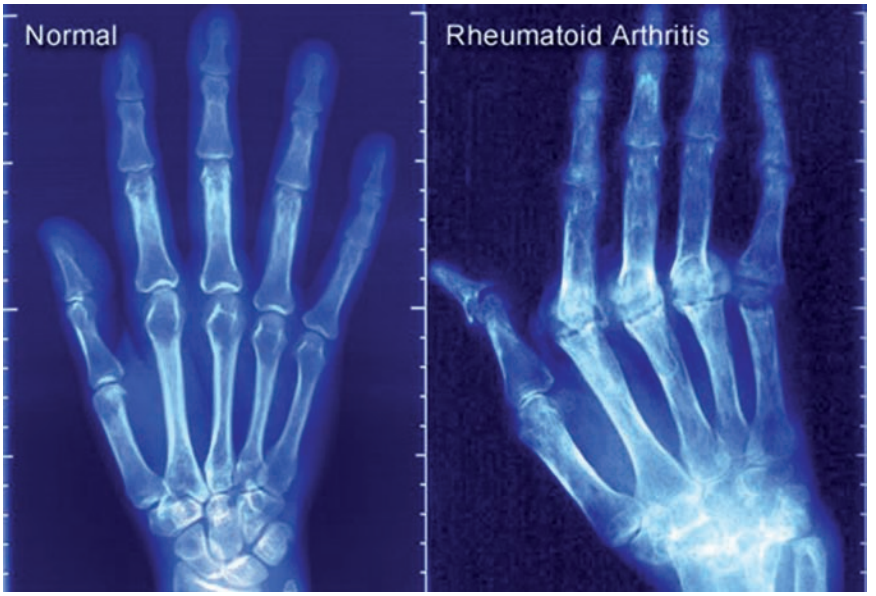
8. Can I use any type of honey?

Honey has a limited role in the treatment of arthritis. You can use any type.

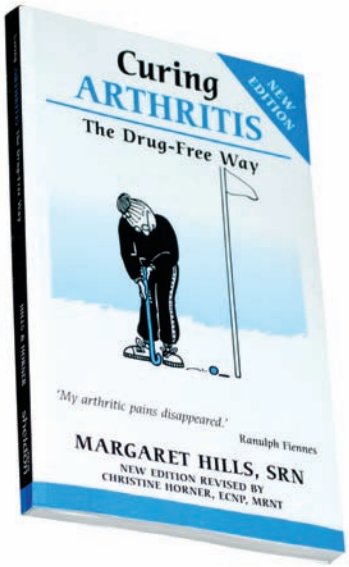
Healthy and unhealthy joints



Healthy joint | Osteoarthritis | Rheumatoid arthritis



X-ray images of normal and rheumatoid arthritis affected joints



Nurse Margaret Hills, author of 'Curing Arthritis', has helped thousands of arthritics over 25 years. Her book talks about pain relief and better mobility; medication and side-effects; improved quality of life; troubleshooting, etc..

The Joint Cleanse is inspired by our efforts and belief that arthritis is not the end of life. You can have a fruitful and productive life even if you suffer from arthritis.

Severely affected arthritic areas of the body

Elbow

Fingers

Foot and ankles

Knee

Ingredients for a Joint Cleanse

Apple cider vinegar

Black molasses

Honey

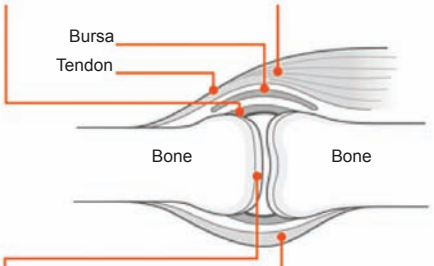
Epsom salt

Joint - structure, functions and problems

How a joint works

Capsule
Surrounding the joint is a tough, fibrous sleeve (the capsule) that stops the bones from moving too much. The inner surface of the joint capsule (synovium) produces a thick fluid that nourishes the cartilage and lubricates the joint.

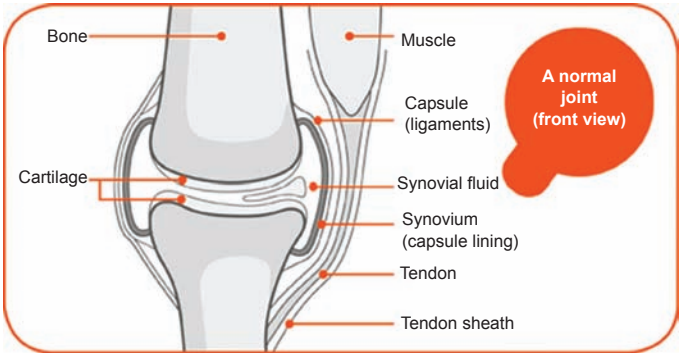
Muscle
At either side of the joint, the muscles are attached to the bones. As the muscles contract, they pull on the bones to make the joint bend, straighten or rotate.



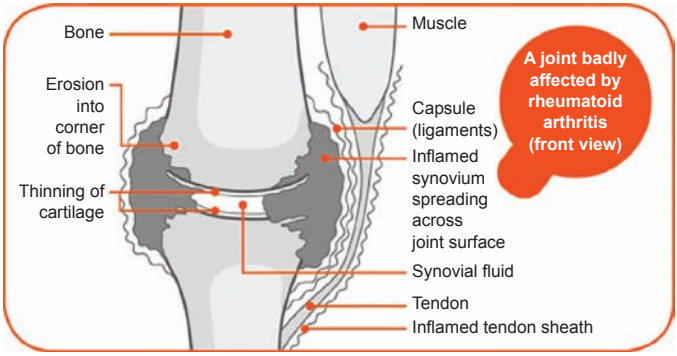
Cartilage
The ends of the bones are covered in a thin layer of cartilage. This cushions the joint and helps to spreads the load evenly when you put pressure on it. Its smooth, slippery surface allows the bones to move freely, without friction.

Ligament
Within or just outside the joint capsule are ligaments that help to hold the joint together and prevent it dislocating. The bursa helps to reduce friction in the joint.

A normal joint (front view)



A joint badly affected by rheumatoid arthritis (front view)



9. Where can we get apple cider vinegar and black molasses?

Nowadays, we get apple cider vinegar and black molasses in the food section of supermarkets in any big city. However, in case of non-availability, you may contact some of the vendors listed on the ingredients page of our websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

10. I had apple cider vinegar for a week. However, it has increased my pain. Should I stop it?

Do not stop the treatment unless the pain becomes unbearable. Your blood has become saturated with apple cider vinegar, which has started working on all acid deposits, churning and dissolving them, resulting in increased pain. Rest assured that the treatment is working for you. If the pain is unbearable, you may stop the treatment for a week and restart subsequently.

11. We, patients of arthritis, have been taught the familiar phrase - 'You have arthritis and you must learn to live with it.' How can you talk about cure in such an impossible scenario?

You do not have to mutely bear everything. Even if you have a difficult ailment, such as arthritis, gear yourself up to fight it and win. Remember, the war is not lost until you stop trying. More so, 'You have arthritis and you must learn to live with it' is the final opinion of your doctor and his therapy. You have a right to differ with his opinion and try this Joint Cleanse or any other therapy for your benefit.

12. I did your treatment and my bone condition has improved (osteoarthritis has alleviated). My joint pain has reduced by almost half. My calcium levels have improved, my hair has gained lustre and my skin has better tone. Is this due to the apple cider vinegar?

Yes, it is the effect of apple cider vinegar and black molasses consumed during the Joint Cleanse.

Fat

Fat is one of the three main macronutrients among carbohydrates and proteins. It is an important nutrient and serves both structural and metabolic functions. Fat is an energy source for the body and a store of energy that the body does not need immediately. Each gram of fat, when burned or metabolised, releases nearly nine calories. Accumulation of these fat reserves leads to obesity.

Obesity- a new age epidemic

Obesity increases the likelihood of various diseases, particularly heart diseases, type-2 diabetes, obstructive sleep apnea, certain types of cancer, high blood pressure, mood disorders and osteoarthritis.

Types of fat

In the human body, there are three kinds of fat:

Structural fat

It is fat that fills the gaps between organs and performs important functions, such as cushioning the kidneys with soft elastic tissues, protecting the coronary arteries and keeping the skin smooth and taut. It also provides a springy cushion of hard fat under the bones of the feet, specially heels, without which we will not be able to walk.

Reserve fat

It is a reserve of fuel that the body can freely draw, when the nutrition from the intestinal tract is insufficient to meet the demand. Such reserves are localised all over the body. Fat packs the highest caloric value (9 calories/gms) into the smallest space possible, so that these reserves of fuel for muscular activity and maintenance of body temperature can be most economically stored. Both these types of fat, structural and reserve, are normal, and even if the body stocks them to its full capacity, it is not obesity.

Abnormal fat

When the fat deposits grow rapidly and withdrawals become smaller, the body establishes a fixed deposit where all surplus calories go, but withdrawal from this deposit is extremely difficult by normal means. This is called abnormal fat that leads to the onset of obesity.

Causes of Obesity

Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity and genetic susceptibility, although a few cases are caused primarily due to endocrine disorders, medications or psychiatric problems.

Diencephalic disorders

Sometimes, the fat processing mechanism is disrupted due to diencephalic disorder. When one of the many diencephalic centres, e.g., thyroid, pancreas and the nervous system are overtaxed, these centres try to increase their capacity at the expense of other centers.

Psychological aspects

The diencephalon is the seat of our primitive animal instincts and in an emergency, it is able to transfer pressure from one instinct to another. A lonely and unhappy person is deprived of all emotional comfort and instinct pressure. No amount of psychotherapy or analysis, happiness, company or the gratification of other instincts will correct the condition.

Compulsive eating

Some obese patients suffer from this, particularly women in their late teens or early twenties. Such people feel a compulsive desire to eat and gobble almost anything edible at lightning speed and ferocity.

Reluctance to lose weight

Some obese people are reluctant to lose fat. If they are intelligent, popular and successful, in spite of their weight, it is a source of pride. A few fat women consider their condition a safeguard against romantic involvements.

Signs and symptoms

Some basic symptoms of obesity can be observed without the help of BMI (Body Mass Index) charts:

- When the skin is stretched due to the rapidly accumulating fat under it, it may split in the lower layers of the stomach and transform into scar tissue. Such striation commonly occurs on the abdomen of pregnant women, but in case of obesity, it is frequently found on breasts, hips and occasionally, on shoulders.
- In females, there may be a fold of skin over the pubic area and another may stretch around both sides of the chest, where a loose roll of fat can be grabbed between two fingers.
- While in males, the accumulation of abnormal fat in the chest area is always an indication, in females, this abnormal fat mixes with the normal breast fat.
- Abnormal fat hangs limp, and obese women have to constantly adjust their brassieres to properly fit their breasts. This is drastically reduced after a Fat Cleanse.
- Frequent headaches, rheumatic pains without detectable bone abnormality, laziness and lethargy (often both physical and mental) are also the symptoms. Abnormal fat is often associated with insomnia as well.
- Patients frequently feel the need to rest, feel famished and weak, hungry within just two to three hours of a heavy meal and have an irresistible yearning for sweets and starchy food. Sometimes, it may even be substituted by smoking and drinking.
- Constipation and a spastic or irritable colon.
- Menstrual cycles are often abnormal, such as delayed or early cycles, excessive or less bleeding during the cycles, clots and pre-menstrual symptoms.

Fat Cleanse

This cleanse is only for those who have completed at least two Liver Cleanses properly.

Pills, liposuction, bariatric surgery, fad diets and exercise techniques 'guaranteed to melt away fat to reveal a slender and healthier you' are a dime a dozen. When an obese patient tries to reduce fat by starvation, he will first lose his reserve fat deposits. When these are exhausted, he begins to burn structural fat and only as a last resort, the body yields its abnormal reserves. By then, the patients feel famished and tired, their face becomes drawn and haggard, but their bellies, hips, thighs, shoulders and upper arms show little improvement. The problem is that majority of these so called cures are impractical and nearly impossible to sustain, and require too much time, money and effort.

Fat loss programmes - failed efforts

I have also suffered from obesity of medium proportion. Like others, I made many attempts to lose weight and succeeded to some extent, albeit temporarily. I used to keep my weight in control with regular exercise and a proper cleanse routine, which included Kidney Cleanse, Acidity Cleanse, Parasite Cleanse and Liver Cleanse, but without any food restrictions. I regained the lost weight as soon as I left the regimen and resumed normal eating habits – since taste reigns.

In 2008, I came to know of the HCG (generally, referred as hCG, Human Chorionic Gonadotropin) Diet Protocol developed by an Italian doctor, A.T.W. Simeons. He founded the Salvator Mundi International Hospital in 1960, which is operational even today. Dr. Simeons was awarded the Red Cross Order of Merit in the 1930's for his discovery of injectable atebrin for treating malaria. I appreciated his research and tried out his regimen with some minor modifications in diet adapted to the Indian context.

HCG Diet Protocol

In the 1940's and 50's, Dr. Simeons studied the effects of HCG on weight loss. He published the results in his book, 'Pounds and Inches: A New Approach to Obesity'. Dr. Simeons found that HCG is most effective in achieving lasting weight loss when a specific diet protocol is followed. Food with a limitation of 500 calories per day, along with the plan's guidelines, make up the HCG Diet Protocol.

HCG dissolves abnormal fat only when the food intake is limited to approximately 500 calories per day, rather than the daily requirement of 2000 calories. The body makes up for this deficit in the energy requirement by using abnormal fat.

The Fat Cleanse treatment, although I often call it 'Cure through Fat Cleanse', is not an attempt to reduce weight, but is aimed at curing the disorder and is equally effective in both sexes, of all ages, suffering from all forms of obesity. However, the calorie intake after cleansing should never exceed 2000 calories; otherwise the patient will gain weight again.

Some facts about HCG

- HCG is not a sex hormone and its action is identical in men, women, children and even in people whose sex glands no longer function owing to old age or surgical removal.
- HCG regulates menstruation and facilitates conception, but it neither makes men grow breasts, nor makes women grow beards or develop gruff voices.
- When fresh urine containing HCG of a pregnant female was given to obese people, in quantities of nearly 300 cc by retention enema, the results were as good as those by injecting HCG itself.
- Small daily doses appeared to be just as effective as larger ones given twice or thrice a week. When patients were given small daily doses, they seemed to lose their ravenous appetite, though they neither gained nor lost weight. However, their body shape did change. Even though they were not restricted in diet, there was a distinct decrease in the circumferences of their bellies and hips.

Introduction to HCG (Human Chorionic Gonadotropin)

HCG is a hormone or chemical substance found in females only during pregnancy. It is not found in males. HCG also supports the normal development of an egg in a woman's ovary, and stimulates its release during ovulation. HCG is also used to treat infertility, in both women and men. The following is a list of serum HCG levels in pregnant, non-pregnant and post-menopausal women. LMP (Last Menstrual Period) is dated from the first day of the last period. The levels grow exponentially after conception and implantation.

Weeks since LMP	IU/ml
3	5 – 50
4	5 – 426
5	18 – 7,340
6	1,080 – 56,500
7 – 8	7,650 – 229,000
9 – 12	25,700 – 288,000
13 – 16	13,300 – 254,000
17 – 24	4,060 – 165,400
25 – 40	3,640 – 117,000
Non-pregnant women	<5.0
Post-menopausal women	<9.5

During certain phases of pregnancy, a woman may produce as much as 3,00,000 IU of HCG per day, and the excess passes out in her urine. This hormone breaks down the abnormal fat in her body and releases energy for the development of the foetus. On a similar principle, injecting this hormone in obese people helps in burning the abnormal fat, thus losing weight.

An HCG injection of only 125 IU per day is enough to reduce abnormal fat at a rate of roughly 160/170 gms per day. One kg of fat produces 9000 calories. On consuming 500 calories instead of 2000, the body gets its remaining 1500 calories from burning abnormal fat.

Therefore, if the patient loses 1500 calories, i.e.,
(2000 cal. – 500 cal.)
The abnormal fat loss will be,

$$\frac{1500 \text{ cal.}}{9000 \text{ cal.}} \times 1000 = 166 \text{ gm.}$$

If the patients consumes 600 calories instead of 500, then, his abnormal fat weight loss will be reduced by,

$$\frac{(600\text{-}500) \text{ cal.}}{9000 \text{ cal.}} \times 1000 = 11 \text{ gms, and so on.}$$

When abnormal fat is burnt, the body also releases retained water, required to support this fat. Hence, the cumulative weight loss is more than the above calculated amount. Under this treatment, the actual calorie requirement of the body is fulfilled and obese patients never feel hungry, in spite of the drastically reduced food intake. On the contrary, most patients feel that two meals of 250 calories or three meals of 100+200+200 calories are enough, and continually have a feeling of just having had a large meal.

Procedure

Before the Cleanse

Measure your weight before starting the process. The normal weight for your height, age, skeletal and muscular build can be determined from the table on page 125. Based on this, you can calculate the degree of obesity. You can use any of the formulas given below to calculate your body mass index.

The formulas to calculate BMI based on two of the most commonly used unit systems:

$$\text{BMI (Metric Units)} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m}^2\text{)}}$$

$$\text{BMI (U.S. Units)} = \frac{703 \times \text{weight (lb)}}{\text{height}^2 \text{ (in}^2\text{)}}$$

A person with a BMI of 18.5 to 24.9 is considered healthy. A person with a BMI of 25 to 29.9 is considered overweight.

A BMI of more than 30 is considered obese. A BMI of 40 or more indicates that a person is morbidly obese, which increases the risk of death by 50% to 85%.

Weight (kgs)	Height (feet, inches)				
	5'0"	5'3"	5'6"	5'9"	6'0"
64	27	25	23	21	19
68	29	27	24	22	20
73	31	28	26	24	22
77	33	30	28	25	23
82	35	32	29	27	25
86	37	34	31	28	26
91	39	36	32	30	27
95	41	37	34	31	29
100	43	39	36	33	30
105	45	41	37	34	31
109	47	43	39	36	33
114	49	44	40	37	34

Body Mass Index

Duration

People who need to lose weight require 26 days (23+3) of treatment, with 23 injections. The number of days and weight loss calculated is remarkably constant in normal patients, regardless of sex, age and degree of obesity.

Patients are not comfortable with a 500 calories diet unless their normal fat reserves are reasonably well stocked. They should eat high calorie food in their maximum capacity for four days before the cleanse and during the first three days of starting the cleanse. It takes nearly three injections before the abnormally deposited fat begins to circulate and becomes available for caloric use.

The diet is arranged in such a way that the weight remains perfectly stationary and the diet is continued for three days after the 23rd injection. Only then are the patients free to eat anything within the 1200 calories limit, except sugar and starch, for the next three weeks (Phase II of the cleanse).

Immunity to HCG

These injections may be injected daily and the course is often advised to be concluded in 26 days. After 23 injections, majority of patients begin to show signs of HCG immunity and after 40 injections, all patients usually become immune to HCG.

Starting the Cleanse

Diet	
Breakfast	Tea or coffee with less sugar and a little milk.
	Any amount of fresh lime water with salt or a little or no sugar.
	Butter milk in limited quantity.
Lunch	100 gms of chicken breast or fish. All visible fat must be carefully removed before cooking and the meat must be weighed raw (weight of bones to be reduced approximately). It must be boiled or grilled without additional fat. Vegetarians may substitute it with 100 gms of *paneer* (पनीर).
	Choice of vegetables from the following: Spinach (पालक), tomato (टमाटर), onion (प्याज़), radish (मूली), cucumber (खीरा), cabbage (पत्ता गोभी), pear gourd (परवल), bottle gourd (लौकी), ridge gourd (तोरई), turnip (शलगम) or any other similar vegetable, excluding potato and sweet potato.
	One chapati of pearl or spiked millet (बाजरा), finger millet (नाचनी), green lentil (मूँग) sprouts or wheat (as a last resort).
	An apple, a handful of strawberries, half of an orange or sweet lime.
Dinner	The same four choices as lunch.

Note: Fruits may be eaten in between meals, if not eaten with lunch or dinner. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme or marjoram may be used for seasoning. However, oil or butter dressing is not advisable. Be careful with very sweet fruits, e.g., mango and litchi.

Tea or coffee can be consumed in the morning, if you cannot do without it. It does not significantly affect the results. Fresh lime water with no or minimum sugar can be consumed in unlimited quantities. Lemon juice is allowed on a daily basis. It may be taken in any quantity and at all times. In fact, the patient should drink nearly two litres of these fluids every day. Many patients are afraid to drink so much fearing that it may force the body to retain more water. This is a wrong notion. The body is more inclined to store water when the intake falls below its normal requirements.

For vegetarians

Strict vegetarians have a special problem because milk and curd are the only animal proteins they can eat. They should drink 500 ml of milk every day or an equivalent amount of curd. Home made Cheese*/Paneer* are better. Milk should be boiled and refrigerated to remove the cream. This toned milk can either be consumed or turned to *paneer*. As far as fruits, vegetables and starch are concerned, the intake should be the same as that of non-vegetarians. They are not allowed their usual intake of vegetable proteins from leguminous plants, such as beans, wheat or nuts and can not have rice.

Making up calories

The diet, followed in conjunction with HCG, must not exceed 500 calories per day and the calorie constitution is of utmost importance. For instance, if a patient drops the apple and eats an extra chapati instead, he will not lose the desired weight. There are a number of food, particularly fruits and vegetables, which have the same or even lower caloric values than those listed as permissible and yet they interfere with regular loss of weight under the HCG diet plan, presumably owing to the nature of their composition.

For best possible results, the daily ration should contain 200 gms of fat-free protein and only a very small amount of starch. As the daily dose of HCG is the same in all cases, the same diet proves satisfactory for a small elderly lady or a hard working muscular giant. Under the effect of HCG, an obese body is always able to obtain all the needed calories from abnormal fat deposits, regardless of whether it requires 1500 or 4000 calories per day.

First few days of treatment

On the day of the third injection, it is almost expected to hear two remarks. One, "Doctor, I'm sure it's only psychological, but I already feel quite different." So common is this remark, even from very skeptical patients, that we hesitate to accept the psychological interpretation. The other typical remark is, "Although I have been allowed to eat everything I want, food just doesn't seem to interest me anymore and I am willing to continue your diet even after the cleanse."

Many patients notice that they are passing more urine and the swelling in their ankles has reduced, since they started the diet. On the day of the sixth injection, most patients declare that they feel fine and have usually lost one kg or more. Some say they feel a bit empty, but explain that it does not amount to hunger. Some complain of a mild headache, which is quite common and goes away in few hours.

Expected difficulties of Fat Cleanse

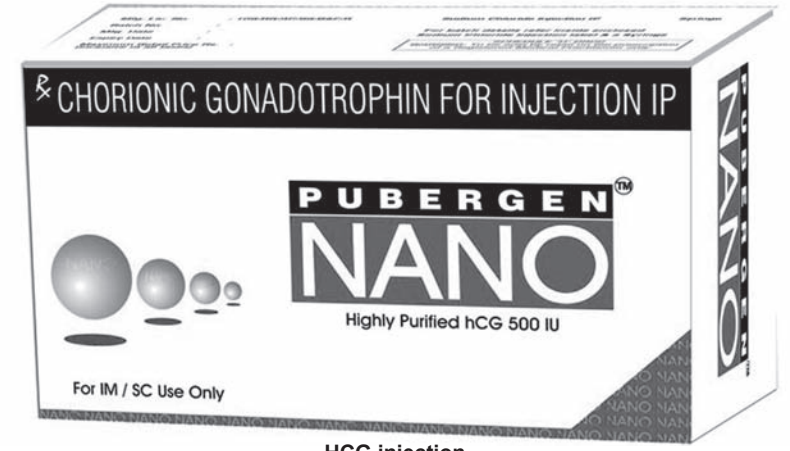
- Family members and doctors are your well-wishers and will not allow you to take the risk. I am advocating this Fat Cleanse after trying it on myself, my family members and many close friends. A pregnant woman's placenta makes 100,000 to 300,000 IU of HCG, the excess of which she passes out through urine. I am talking about a dose of 125 IU per day. So, shed all fears from your mind. Plan a Fat Cleanse. So far, there are no reported risks.
- The next problem is the administration of HCG injection. Any nurse in your neighbourhood will do it for a maximum of Rs.50/- per injection. Use a 26 gauge 1½" needle for hips, so that it goes into the protein part for absorption by blood, and not into the fat to be wasted. Gradually, patients may learn to inject themselves or take help of their family members. Self-injection or with help of family members is very convenient and cost effective (see the process of self-injection on page 131).

Getting the HCG medicine

HCG medicines are normally available over the counter and cost roughly Rs.200/- for a 500 IU ampoule. It makes four sets of injections of 125 IU each.

Thus, we need six HCG Nano injections of 500 IU costing approximately Rs.1200/-. Often ampoules of 500 IU are not available, whereas ampoules of 2000 IU and 5000 IU are easily obtainable. However, it is difficult to make 16 equal parts of 2000 IU or 40 equal parts of 5000 IU injections.

Also, keeping it for more than 4 days in syringes, spoils the medicine.



HCG injection

Distribute the medicine from 500 IU ampoule evenly in four syringes. These are the four doses. Keep it in the fridge and use one daily for four days.

If the quantity of doses is a few units more or less than 125 IU, it doesn't matter. The body adjusts itself. Unequal doses will give the same effect because burning of abnormal fat starts only after 72 hours of the first dose.

Losing weight during pregnancy

A pregnant lady does not need HCG injection to lose weight. Only diet protocol is enough. She can drastically reduce her diet without feeling hungry or uncomfortable, and lose weight without harming the foetus in any way. During pregnancy, the diencephalic fat banking capacity is unlimited and the fixed fat deposits are transferred back into normal circulation and freely drawn upon to make up for any nutritional deficit. Every gram of reserve fat is placed at the disposal of the growing foetus. HCG is produced in large quantities in the placenta, which brings about this diencephalic change.

Contra-indications

There are no contra-indications to the HCG method. Oral contraceptives may be used during the treatment. It can be continued in the presence of pus forming, large infected wounds and major fractures, or, during surgery, general anaesthesia or even fever or malaria.

You should consult me before doing a Fat Cleanse, if you have ever had an allergic reaction to HCG or if you have:

- asthma
- cancer or a tumour in the breast, ovary, uterus and prostate
- epilepsy
- heart disease
- hypothalamus or pituitary gland disease
- kidney disease
- migraine
- ovarian cyst
- premature puberty
- thyroid or adrenal gland disorder
- undiagnosed uterine bleeding

How to use/inject HCG?

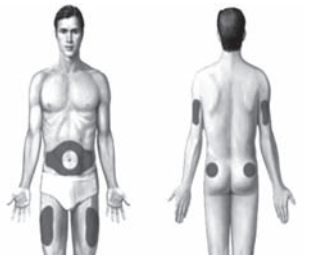
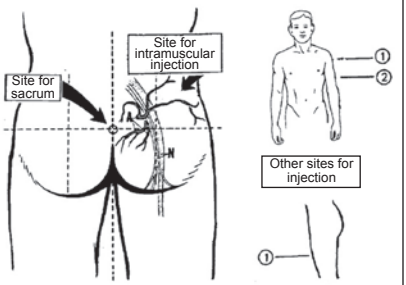
HCG is given as an injection under the skin or into a muscle. It may produce little or no tissue reaction. It is completely painless. Use distilled water provided with the injection, as any other distilled water may cause a reaction and induce pain for a few hours.

A daily injection should be given at intervals of 24 hours (or as close to it as possible).

26 gauge 1½" syringes

- Make sure you have all the items needed- syringe with HCG, alcohol swab, etc..
- Wash your hands with warm, soapy water and dry them with a clean towel.
- Select a site for the injection, wipe it with an alcohol swab and wait for it to dry.

Preferred sites for injection

Buttocks are the preferred site for administrating the intramuscular injection. The gluteal muscles of this area are thick and are utilised frequently in daily activities, resulting in complete absorption of the injection.	
To identify the injection site, draw an imaginary horizontal line across the buttocks, from one hip bone to another. Then, divide each buttock in half with an imaginary vertical line. The four imaginary sections of the buttock are referred to as quadrants. The proper location for an injection is the upper outer quadrant of either buttock.	
A good suggestion is to inject yourself in different areas, such as either of the quadriceps or right arm, left arm, stomach, right and left gluteus (buttock). You can inject in the same general area, but try to keep a gap of at least one inch. Some patients inject HCG in their stomach, because of less nerve endings in that area and an easy to reach location.	
If you decide to self-inject HCG, make sure you clean the injection area thoroughly with an alcohol swab. Then, pinch the skin in the area and insert the needle directly into the muscle. Remember to relax your muscle as much as possible before injecting.	

After selecting the injection site..

- Remove the needle cap.
- Pinch a 2" fold of skin between your thumb and index finger.
- Hold the syringe the way you would hold a pencil or dart and insert the needle at nearly 45^{o} into the pinched skin, until the needle is completely inserted.
- Slowly push the plunger all the way down to inject HCG.
- Remove the needle from the skin and gently hold an alcohol swab on the injection site.
- If there is bleeding, press the site for a moment.

Concluding the course

After the last, i.e., 23^{rd} injection, continue consuming the 500 calorie diet for another 3 days, because the HCG effect continues for 72 hours after its administration. Then for the next three weeks, limit your food intake to 1200 calories. After that, have your choice of food within the 2000 calories limit and you will wonder why you are still not gaining weight.

Conclusion

The HCG diet protocol method is not simple. But, simple treatments do not bring permanent results. When the abnormal cellulite fat leaves the body, you will feel unprecedented freshness, vigour and vitality. After the 26 - days treatment, patients feel 10 years younger. I am not listing cures, but almost every medical problem improves after the Fat Cleanse.

Further courses

The HCG method of losing weight is self-limiting. It becomes completely ineffective as soon as all abnormal fat is consumed. When a patient has more than 7 kgs to lose, the treatment takes longer, but the maximum dosage given in a single course is 40 injections. As a rule, patients should not lose more than 10 kgs at a time. The treatment is stopped when, either 10 kgs have been lost or 40 injections have been given. Patients' desiring to lose more weight can repeat the Fat Cleanse only after six month of the first cleanse. Once patients have lost all their abnormal superfluous fat, they feel hungry with continued injections.

Summary

Plan of a normal course:

1. 125 IU of HCG injections daily.
2. Forced eating four days before and three days after start of the Fat Cleanse is necessary.
3. After the 3rd injection, the 500 - calorie diet to be started and continued for 72 hours (three days) after the last injection.
4. After three weeks of completing the treatment, all food is allowed except starch and sugar in any form.

Frequently asked questions

1. What is the maximum weight loss possible in a single Fat Cleanse of 26 days?

The maximum weight loss in a Fat Cleanse programme of 26 days could be upto 7-8 kgs. Here, I must emphasise that this weight loss consists of hard cellulite or abnormal fat.

2. Is Fat Cleanse a permanent cure for fat reduction?

A permanent cure for fat reduction is possible only when you follow the rules of nature, such as living in a forest and eating only raw food, the way all animals live. If you start eating less, increase your fibre intake, walk or exercise more, chew better and drink more water, then you can achieve permanent weight loss. However, if you decide to continue with the present life style and eat more than 2000 calories per day, then the fat will begin to accumulate again.

3. Where can we get the HCG injection for Fat Cleanse?

You can request your local medical shop for 500 IU of HCG injections. In case, if it is not available, you may try it online.

4. What are the side effects of this cleanse?

Among 'side-effects', the most important ones are very high energy levels, well-being, reduced chances of heart attack, good skin and many more that you can experience only after a cleanse!

5. After how many doses does the weight reduction start?

The effect of HCG hormone can be seen after three days. After 7-8 days, weight loss becomes very obvious.

6. I am currently doing a Fat Cleanse and have taken 17 doses, but have not lost more than 2 kgs despite strict adherence to the prescribed diet. Please advise.

During the 17 days, the first three days are not to be counted for weight loss. In 14 days, a 2 kgs loss is relatively low, but you can hope to lose more as you complete the full treatment.

7. After my second Fat Cleanse, I lost only 4 kgs, but the inch loss was substantial. Was my cleanse successful?

You have lost abnormal fat and the inch loss is proof. Blood decides from where to draw the fat from the body and how to use it, based on specific needs of the body.

8. Would one become under-weight with repeated Fat Cleanses?

It is not possible. In a Fat Cleanse, only abnormal fat is used for circulation.

9. I am 65 kgs. Can I undertake this cleanse?

Hopefully not! Please read the BMI chart given on page 125. However, if you are on the higher side, you can do the cleanse.

10. I have noticed that the 125 IU injection made from an ampoule of 2000 IU HCG injection causes pain while the same made from 500 IU does not. Why?

All manufacturers make similar products. Yet, a few patients respond better to a specific manufacturer's product. Sometimes, you may not get 500 IU of hCG ampoules despite all efforts. In that case, as a last option, you may get an ampoule of 2000 IU and make eight doses of 250 IU each. Use the first dose immediately, second dose after two days and the third dose after four days. Throw away the remaining five doses, as it is not good for use after four days.

11. During my second cleanse, I took more than 40 injections of HCG, but still did not feel hunger pangs. I also stopped losing weight. What is the right time to stop the cleanse?

There is something wrong. After 40 injections, you must feel hunger pangs as the body becomes immune to HCG. You can contact me with full details for more information.

12. My belly is bloated, but my arms are thin. How does one determine the length of the needle to be used when injecting in the arms, hip, etc.?

The medicine must reach the protein part of the muscle. The portion near the skin is made of fat. Protein is located beneath the fat layer and hence, a 1½" needle could be a better option.

13. Please explain the intake of the dosage through the mouth and its effects?

The intake remains the same with varying results. Some people have reported good results, even if the medicine was taken orally, but intramuscular injections give best results.

14. Can one use the same syringe, but with a different needle each time?

Yes.

15. Can the dose be taken at night, just before going to bed?

Yes, but preferably, the same time should be maintained.

16. Why do you recommend to do all other cleanses before doing a fat cleanse?

Imagine a room locked for 40 years. You want to clean it. Correct method is to first clean it with a hard coconut broom, then use soft *phool* broom, do wet moping, followed by washing to get the best results. If you are straight away going to wash it, then a lot of energy will be wasted on cleaning that garbage which could have been removed by lesser efforts.

Fat cleanse is a big effort. Use it only for removing excess abnormal fat. I suggest doing a Fat Cleanse only after completing Kidney, Acidity, Parasite and Liver cleanses, for best results.

17. Is medical supervision a must during the Fat Cleanse, especially while taking injections, counting calories and preparing the medicine?

It is 'Cure Yourself – *Apna Ilaaj Apne Haath*'. You do not need any medical supervision. If you still need help, you can contact me.

18. Is HCG a unique medicine for this cleanse or do you recommend substitutes as well?

Fat Cleanse is called HCG Diet Protocol treatment. The fat loss is only due to HCG. You can substitute HCG injections with HCG ACTIVATOR Tablets. However, it may not be equally effective.

Visit the website http://www.biovea.com.

19. Your other cleanses require natural products, while this cleanse is done with an allopathic formulae. Any specific reason?

Only this medicine gives the desired effect. In fact, if it could be used in a natural form, then it would have been better. But, currently it is not possible to get urine from a pregnant lady on a regular basis.

20. Does this cleanse affect fertility in the long term, especially if it is repeated very regularly and at short intervals of time ?

A Fat Cleanse can be repeated only at an interval of minimum six months. For fertility related treatments, the 5000 IU injections are given in a course of seven injections or so. We are prescribing $1/40^{th}$ of this dose. Thus, in no way will it affect fertility.

21. What happens if one gives up the cleanse midway due to any reason? Would one gain weight rather than loosing it?

No problem, except that you won't get the desired results.

22. Are the results of a Fat Cleanse the same in men and women?

Results are similar. Weight and inch loss differs from person to person. Some people lose in one part of the body, while others may lose in another part.

23. Is there a way by which this cleanse could remove tyres from my waist, since I am quite thin otherwise?

Those ugly tyres will be removed from the waist just after a Liver Cleanse and you may not need a Fat Cleanse.

24. If, by chance, I inject myself at a location slightly away from those recommended, would I hit a nerve and seriously hamper my body functions?

The locations suggested for the injection do not have any major nerves in the nearby area.

25. Is it medically safe for a person with high cholesterol to do a Liver Cleanse before doing a Fat Cleanse?

Raw extra virgin olive oil does not harm the body. On the contrary, a Liver Cleanse will help in reducing LDL cholesterol.

26. Is it safe to consume sugar free tablets during Fat Cleanse?

No, you don't need to consume sugar free tablets.

27. Can beet root be consumed during Fat Cleanse, as it contains carbohydrates and sugar?

Yes, it can be consumed, but in a very limited quantity.

28. Are three egg-whites and one egg-whole better for protein content during Fat Cleanse or 100 gms *paneer* made from toned milk?

Three egg-whites and one egg-whole are better than 100 gms of *paneer.*

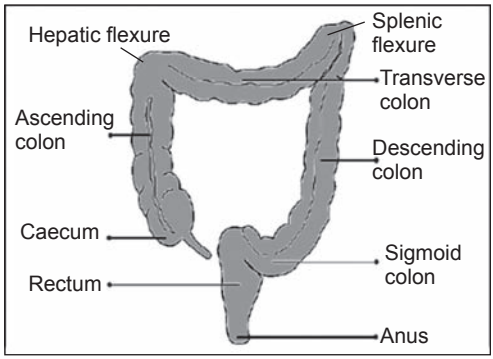
Colon

The intestine (or bowel) is a segment of the alimentary canal, extending from the mouth via stomach to the anus. It consists of two segments, the small intestine and the large intestine.

While the small intestine plays a major role in absorbing nutrients from food, the large intestine plays a comparatively much smaller role. It stores waste, reclaims water, maintains water balance, absorbs certain vitamins (such as vitamin K) and provides for flora-aided (mostly bacterial) fermentation. The colon is a part of the large intestine and the final part of the digestive system.

Structure

The colon is a five feet long muscular tube that connects the small intestine to the rectum, the holding area for the stool.



Large intestine

The colon is divided into four parts. The ascending colon is the start of the colon, on the right side of the abdomen. It continues upward to a bend called the hepatic flexure.

The transverse colon follows the ascending colon and hepatic flexure, and lies across the upper part of the abdomen. It ends with another bend in the colon called the splenic flexure.

The descending colon follows the transverse colon and splenic flexure and is located on the left side of the abdomen.

The sigmoid colon is the end of the colon and connects to the rectum.

Function

The colon and rectum extract water, salt, vitamins and nutrients from indigestible food, process food that was not digested in the small intestine and eliminate solid waste from the body. The colon reabsorbs fluids and processes waste products for elimination. Partly broken down or digested food moves from the small intestine into

the colon. Digestion continues in the colon as bacteria breaks down some food materials into smaller pieces.

Water and some nutrients are absorbed by the inner lining of the colon (also called epithelium). The liquid waste remaining in the colon turns into semi-solid stool (also called feces). The inner lining of the colon, or mucosa, also makes mucus, so that stool can easily move through the colon and rectum.

As stool moves to the end of the colon, it becomes solid. It leaves the colon and moves into the rectum. When the rectum is full, a signal is sent to the brain to push the stool out of the body through the anus.

Problems

When the colon does not function properly, it begins to absorb toxins instead of eliminating them, thereby causing the following problems:

- headaches
- gas, bloating and constipation
- diverticulitis
- weight gain
- low energy and fatigue, and other chronic illnesses

Causes

The colon plays host to a zoo of bacteria, over a hundred micro-organisms live in the colon. A proper balance of healthy bacteria must be maintained inside the colon to avoid digestive ailments. Unhealthy food habits often harm this balance and cause various stomach problems. These problems can be caused by undigested food, as most food that we eat today are loaded with additives, preservatives and other chemicals, leading to a build up of toxins in the colon, which affect the body.

Junk food - hard on colon

From the air we breathe and the water we drink, to the hundreds of chemicals we come into contact with each day – it all takes its toll on the colon and ultimately, on our overall health.

Symptoms

An obstructed colon can show one or more of the following symptoms:

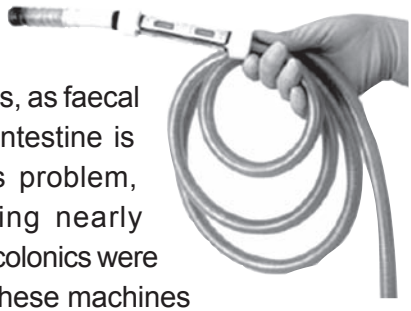
- Allergies
- Bad breath
- Body odour
- Colitis
- Constipation
- Dark circles below eyes
- Depression
- Diarrhoea
- Fatigue
- Frequent infections (cold/flu)
- Gas and bloating
- Indigestion
- Irritability
- Irritable Bowel Syndrome (IBS)
- Parasites, especially tapeworms
- PMS (Pre-Menstrual Syndrome)
- Skin problems (acne, eczema, etc.)

Colon Cleanse

Everybody is not lucky enough to have regular defecation in the morning. The number of bowel movements generally decrease with age. The most common pattern is one bowel movement a day, but this pattern is seen in less than 50% people. Moreover, most people are irregular and sometimes, do not have any bowel movements in a day or the same number of bowel movements every day.

Stool can accumulate anywhere inside the colon and the rectum in the form of a thin film as well as stick to the walls of the colon. They hamper physical efficiency and cause a lot of discomfort, irritability, lethargy, bloating, flatulence and headaches. Cleansing the colon solves these problems and promotes total well being. Some of the techniques used for Colon Cleanse are given below:

Cleanse by Colonic Irrigation



It has been observed that enemas, the traditional method to cleanse the colon, do not give sufficient results, as faecal matter inside the colon and large intestine is hardly cleaned. To overcome this problem, a Colon Cleanse machine costing nearly Rs. 10 lakhs was invented and many colonics were trained. We now have a number of these machines in India. They charge approximately Rs. 2500/- for a single Colon Cleanse session. Most of the patients have found it beneficial.

Procedure

The patient sits down on a special chair, at a 45° incline with legs spread at a 30° angle.

A single use nozzle of nearly one centimetre diameter and five inches length is inserted into the anus using a lubricant.

Carbon filtered and UV ray disinfected water is gently infused into the large bowel to soften and loosen the waste in the colon. This water is supplied at body temperature. Simultaneously, the colonic also uses a massager on the abdomen to loosen hard faecal matter.

Nearly 40 litres of water is pumped in the colon in 45 minutes. The residual faecal matter comes out of the anus along the sides of the

pipe. This process does not clean the small intestine because there is an ileocecal valve between the two intestines, which prevents matter from going back into the small intestine from the large intestine.

It is recommended not to eat heavy food for two hours prior to the session. All patients feel fresh after a cleanse.

Colon Cleanse at home

Colon Cleanse by a colonic is good, but it has two practical difficulties:

- The patient has to leave his/her home and go to a colonic
- Administration fee of nearly Rs. 2500/- per session is rather high

To overcome these problems, we have devised a simple method that can be done in the privacy of your home. This works on Indian as well as European toilets. Hold a hand jet spray with running water near the anus. Do not insert the spray inside the anus, as the pressure of the water is sufficient for it to enter the large intestine. Soon, it builds up pressure inside and most of the faecal matter, including old accumulated junk inside the colon is thrown out. The resultant freshness is unbelievable.

Hand held jet spray

Regarding frequency of this procedure, like all other cleanses, we suggest that you do it once. Subsequently, you can decide the frequency for yourself. It is safe to do it once a week. However, doing it daily may remove some of the beneficial bacteria that help in the digestion of food.

I discussed this process with a reputed doctor who practices Colon Cleanse in Mumbai. I asked him about the ramifications of my experiment. He had the following observations about using a regular jet spray at home:

The water being sprayed inside is not at the same body temperature.

I confirmed that this is hardly inconvenient, in view of the large benefits involved.

He suggested that using regular tap water may transmit infection and damage the walls of the intestine.

I told him that we use tap water for rinsing our mouth after brushing teeth. We also eat salads that have raw vegetables washed in regular water, without suffering ill-effects.

He asked me whether I have experimented it on myself.

I confirmed that I had, whereupon he admitted that doing this type of Colon Cleanse at home is very good for everyone, because it takes only five minutes, involves no cost and is very convenient and safe. He, however, apprehended that this may affect a colonics business.

Enema

Another option is to take an enema, in which a liquid is passed through a tube into the rectum to stimulate bowel movements. Enema can be taken by the patient himself/herself from the comfort of his/her home, preferably without any external help.

Benefits

The secret to beautiful skin is a healthy colon. It rejuvenates our entire system by enhancing anti-oxidant activity in the body, thereby slowing the aging process considerably.

Colon Cleanse is beneficial in restoring good health by:

- Clearing the colon of old hardened waste and harmful toxins
- Reducing the absorption of toxins via healthy mucosa
- Strengthening peristaltic (natural muscular contraction) activity in the colon
- Promoting normal and regular bowel movements
- Providing a favourable environment for bacteria and micro-flora necessary for digestion
- Reducing fat deposition in the body due to improved hydration
- Improving tissue metabolism (hydration leads to better lipid metabolism)
- Enhancing energy levels and toning the muscles (resulting in overall fitness)

Frequently asked questions

1. I am going for a colonoscopy. Can I go for a Colon Cleanse prior to it?

Of course. Your doctor himself may advise you to undergo for a Colon Cleanse before the test. It will enhance the effectiveness of the colonoscopy. Many people are advised to do the cleanse by alternative therapists, including homeopaths, acupuncturists and herbalists. By detoxifying the system, these therapies tend to be more effective.

2. How can Colon Cleanse help my digestive health?

Colon Cleanse is a gentle internal bath that helps in eliminating stored faecal matter, gas, mucus and toxic substances from the colon. Additional benefits can often be observed in the form of radiant skin, more energy and mental clarity, fewer headaches, improved blood circulation, better immunity and weight loss, among others.

3. Is Colon Cleanse safe?

It is completely safe.

4. Does Colon Cleanse hurt?

The procedure itself does not cause pain. At the start of the procedure, you may experience some uneasiness and a strange sensation and the urge to relieve, but most people get used to it in the first few minutes, and even find the process relaxing and uplifting. You may also use massage, vibration, reflexology and reiki, as well as other modalities to make your treatment comfortable and effective.

5. How many sessions does a person need for this treatment?

It all depends on your condition and on the results of the first Colon Cleanse. If this condition has been building up for years, it is unlikely that it will disappear after a single session. In that case, try it again the next day.

6. Can I lose weight after going Colon Cleanse?

You will definitely lose some weight. Just bear in mind that you lose wastes only, not fat or cellulite.

7. Can I do a Colon Cleanse if I am on my period?

You can do a Colon Cleanse during your period. Infact, doing a cleanse during periods makes 'those' days easier. Please make sure you have a spare tampon or towel to use immediately after the treatment.

8. Can I do a Colon Cleanse if I am pregnant?

It is not recommended at any stage of the pregnancy. For more information, please send an email to me and I shall advise precautionary measures on a case-to-case basis.

9. How does the Colon Cleanse compare to an enema?

Colon Cleanse is a much more comfortable experience, where the patient's dignity and privacy is maintained. A single session is said to be equivalent to 10 enemas and does not lead to a habit.

10. Does a Colon Cleanse, cleanses the entire colon or only a part of it.

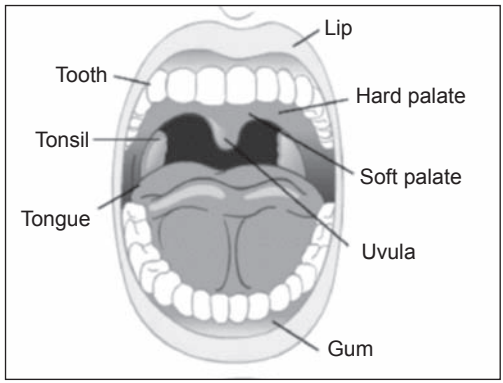
The houston valve is located between the transverse colon and descending colon. Therefore, mainly sigmoid and descending sections are cleaned. Generally, only these two are affected by constipation.

Mouth

Mouth is a hollow cavity and an anterior part of the alimentary canal. The alimentary canal is responsible for processing the food we eat.

Structure

The part of the mouth in front of the teeth is called the vestibule, while the one behind is the mouth itself. Several sheets of muscle tissue are attached to the inner surface of the jawbone or mandible from the floor of the mouth. The cheeks are sufficiently flexible to allow the mouth to open and close. The palate, a thin sheet of tissue, which separates the mouth from the nasal cavity above, forms the roof of the mouth. At the back, the mouth cavity joins with the pharynx (the cavity connecting the nose, mouth and larynx), while at the front, it produces a range of sounds through the lips. Except the teeth, the entire inner surface of the mouth is lined by a mucous membrane.



Structure of mouth

Functions

Bounded by lips, cheeks, floor of the mouth and palate, the mouth performs the following functions:

Digestion

The digestion process begins in the mouth. It receives food by ingestion, breaks it into small particles by mastication or chewing and mixes it with saliva. The digestive functions of the mouth include:

- Taste
- Chewing, grinding and mixing of food
- Formation of a bolus
- Swallowing and initiation of digestive processes

Breathing

The mouth is a passageway between the pharynx and the outside body. It can aid in breathing when the nose is blocked or inadequate, for instance, during strenuous exercise, flu, cold, etc..

Speech

The mouth plays a vital part in speech. Alterations in the shape of the tongue and the lips modify sounds produced by the vocal chords in a way that they become recognisable as syllables.

Poison making

We have glands in our mouth that produce venom-like proteins called cytokines. Cytokines are proteins designed to kill micro-organisms in our mouth, before food or saliva is swallowed. During the night, the alimentary canal discards all residual waste towards the anus and mouth. This poisonous material is very strong. Long ago, it was a custom amongst kings to make slaves keep 20 gms of rice in their mouth for 20 minutes in the morning. The rice absorbed the toxins in the mouth. Afterwards, they would spit this rice into a bowl and dry it in the sun. This rice was sent to the enemy camps to poison them.

Problems

Several health problems are associated with the mouth and the unhealthy bacteria flourishing inside, including an increased risk of stroke, heart disease, arthritis, diabetes, bronchitis, pneumonia and premature births. However, we will discuss problems specific only to the mouth.

Bad breath

The main source of bad breath (or halitosis) is the tongue. When layers of bacteria are embedded on the tongue, it produces foul smelling volatile sulphur compounds. Other possible bad breath causes are dry mouth and food, such as onions and garlic.

Gingivitis

Gingivitis is an early form of gum disease caused by plaque, a sticky bacterial film that forms on our teeth. These bacteria also carry toxins that cause gum irritation.

Oral thrush

Oral thrush is a fungal infection, which appears as raised creamy spots on the lining of the mouth, lips and throat.

Mouth ulcers

They appear on the insides of lips, cheeks or floor of the mouth, and may occur as a result of aggressive tooth brushing, eating very hot food, food allergy, etc..

Causes

Mouth is home to thousands of bacteria, viruses, fungi, parasites and their toxins. Our immune system is constantly fighting these troublemakers. Excessive stress, poor diet, poor oral hygiene and environmental toxins help these unwanted organisms spread throughout the body leading to secondary infections, chronic inflammation and several other health problems.

Symptoms

Some of the common symptoms of mouth problems are:

- Bad breath
- Discolouration of teeth
- Ulcers in cheeks and gums
- Bleeding gums
- Loose teeth
- Tooth decay

Mouth Cleanse

Mouth Cleanse, also known as Oil Pulling Technique (OPT) is a mouth cleansing method designed to deal with serious oral conditions, such as bad breath and tooth decay. It creates an environment favourable to good health. Even if you have already developed an oral disease, you can reduce and even reverse it.

Before or after a Mouth Cleanse, it is recommended to do a Colon Cleanse. A Colon Cleanse helps in eliminating toxins, faecal matter and plaque from your intestine, which in turn rejuvenates your health and vitality.

Oil pulling technique

Oil pulling technique or Mouth Cleanse is called *kavala graham* in Ayurvedic texts, which can cure a variety of illnesses, ranging from heart disease and digestive troubles to hormonal disorders. The technique is not only curative, but also prevents health problems. The oil pulling technique can also fix loose teeth, which no dentist can do.

Oil pulling

In the *Charaka Samhita,* the *Sutra Sthana* chapter says, "By doing oil pulling with sesame oil (तिल तेल), teeth are not affected by cavities and become firmly rooted. Tooth pain and sensitivity to sour items will be healed and one will be able to chew the hardest food items."

Kachchi ghani
mustard oil

Ingredients

For a Mouth Cleanse, take sesame oil or any other oil which suits you, such as mustard, sunflower, groundnut oil, etc.. If you are allergic to a particular brand of oil, change the brand or type of oil.

Sesame oil

Procedure

Pour 20 ml of oil in your mouth in the morning, on an empty stomach before drinking any liquid (including water). Swish the oil in your mouth. Remember not to swallow or gargle it. You will notice that the oil begins to get watery as the saliva in your mouth mixes with the oil. Keep swishing. If your jaw muscles get sore while swishing, it means you are putting too much effort into it. Relax the jaw muscles and use your tongue to help move the liquid inside your mouth.

As the end of the session approaches, you may notice that the oil-saliva mixture in your mouth has become thinner and the quantity of liquid has increased. After 20 minutes, spit the oil. Do not be alarmed if the liquid is yellowish. It is due to the removal of toxins from the mouth. Rinse your mouth thoroughly with warm or plain water and brush as usual.

What to expect initially?

Mouth Cleanse may not be a very comfortable exercise to begin with. Initially, when you start pulling, mucus may build at the back of your throat. You may even have to expel the oil and clear the mucus before completing 20 minutes. In such a case, take another spoonful of oil and continue for 20 minutes.

You may also experience a little nausea and may even need to vomit, as your mouth expels toxic waste. These symptoms will subside as you become more comfortable with oil pulling. For some people who have various illnesses manifesting simultaneously, the condition might worsen. This is due to the initial removal of the primary infection that causes secondary infections to dominate temporarily.

After a few days, these secondary infections will disappear and other infections may take its place. Under these circumstances, the affected person should continue the treatment to facilitate rapid healing. A brief worsening of health is an excellent sign of the body healing itself. For example:

- The skin might itch during an infection or inflammation from an injury or wound. The same itching may aggravate during the cure of the wound/injury.
- When a bone breaks due to an accident, the pain is more severe at the time of setting and also, during the process of healing.

Benefits

When you rinse your mouth with oil, it acts as a cleansing agent that removes bacteria and other toxic debris from the teeth and gums. When we expel these harmful substances from our mouth, our overall health improves significantly. Teeth become whiter, breath becomes fresher and the tongue and gums have a healthy pink colour. Even problems, such as tooth decay and bleeding gums are diminished or completely healed.

Whiter teeth after oil pulling

People who have undergone the Mouth Cleanse have also reported relief from acidity, asthma, bronchitis, cracked feet, eczema, headaches, heart problems, intestinal diseases, joint pains, kidney diseases, lung and liver problems, nose blocks, problems connected with nerves, stomach problems, thrombosis and ulcers, and various other health issues. A Mouth Cleanse also helps overcome chronic skin problems. It is found to be very helpful in treating gynaecological issues as well.

Do's and don'ts

- Brush your teeth and gums for one to two minutes.
- Brush around the edges of gum in a circular motion.
- Use a soft bristle brush and do not brush hard. Remember that nature intended no brushing of teeth. We need it because we eat cooked food.
- Try to use homeopathic or herbal toothpastes, as they are better suited for your oral health.

Conclusion

If, as they say, the way to a woman's heart is through her ears and to a man's heart is through his stomach, then the way to good health is definitely through the mouth. Make it a goal to become 'orally self sufficient' by practicing good mouth and gum cleansing.

Frequently asked questions

1. Who can practice Mouth Cleanse?

Anyone above the age of five years can practice it. Children should use only one teaspoon (5 ml) of oil for pulling. People with artificial dentures should remove them before swishing. Women can practice this therapy during periods as well as pregnancy.

2. What is the best time to practice Mouth Cleanse?

Mouth Cleanse, done in the morning on an empty stomach delivers best results. However, you can do the Mouth Cleanse any time, as per your convenience.

3. How long should one do the Mouth Cleanse?

Initially, you can perform the process for 20 minutes at a time, 2-3 times a day for quick results. However, depending on how you feel after the first session, you can determine the duration of the subsequent sessions. You should continue doing the Mouth Cleanse until you regain the original health of your mouth and gums, besides feeling fresh and sleeping well. You can also make it a regular habit and do this cleanse every day.

4. How much time gap is required to eat or drink after a Mouth Cleanse?

After doing a Mouth Cleanse, wash/rinse your mouth and then you can eat or drink right away. No time gap is required.

5. Can we decrease the quantity of oil from 20 ml to 10 ml?

It is possible to get the desired results with 10 ml of oil. You may increase it, if needed. I use 20 ml of mustard oil.

6. Can we do any other work while doing a Mouth Cleanse?

It is advised to do a Mouth Cleanse slowly with your chin up, preferably in a sitting position, to make sure that the oil is pulled through the teeth and touches all portions of the mucous membrane in the oral cavity. However, if you are short of time, you can also do any other work while doing a Mouth Cleanse.

7. What to do if the following problems arise during a Mouth Cleanse?

Oil does not become watery or thin even after 20 minutes of pulling and it feels as it is being absorbed and reducing in quantity.

Under normal circumstances, the mouth will not absorb the oil. If it does so, the reason is lack of adequate salivation, due to lack of fluids in the body. In such a case, you must drink two or three glasses of water, go for a walk for 30 to 45 minutes and then do oil pulling.

Nose block due to accumulation of mucus.

Clean and blow your nose to avoid a nose block.

Sneezing and coughing sensation.

Irritation may cause sneezing or coughing during the Mouth Cleanse. Do it slowly, in a relaxed state, to avoid irritation. Stop and relax if you feel irritation or a sneezing sensation. It will eventually subside. However, if the symptoms continue, you can spit the oil and restart the therapy once the symptoms subside.

Sneezing

Phlegm in the throat comes into the mouth.

If phlegm comes into the mouth, spit it out and do the cleanse with fresh oil again.

8. How long will it take to cure a particular disease?

The duration would depend on the age, state of health, disease, diet and other habits of a person. Chronic diseases may take a few weeks to a month to subside, whereas acute diseases can be cured in 2-4 days.

9. How does a Mouth Cleanse cure/heal diseases?

Mouth Cleanse acts as an analgesic in relieving pain, antibiotic in fighting infection, anabolic in fixing loose teeth, and anti-inflammatory in reducing sensitivity of teeth. It influences the nervous, endocrine and immune systems to achieve balanced health.

10. Are there any allergic reactions? Can regular medication be continued during a Mouth Cleanse?

Normally, there are no reactions. Cleansing is a smooth, gentle and pleasant process. Sometimes, the condition may worsen, before it gets cured. In case the aggravation is not tolerable, you may stop it for a few days and try again later. If you are on any

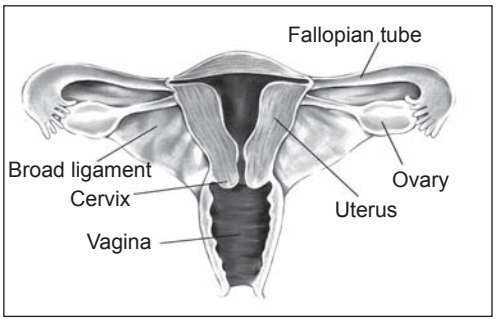
medication, try to gradually taper them as you find improvement through oil pulling. In case of any chronic disease, if it is not possible for you to reduce or stop your regular medicines, Mouth Cleanse may not be effective in curing your chronic disease, but will certainly reduce the side-effects of the drugs.

Poly-cystic Ovarian Syndrome (PCOS)

The ovary is an ovum producing reproductive organ. It is often found in pairs, as part of the vertebrate female reproductive system, and helps in developing the secondary sex characteristics in the female body.

Structure

An ovary is black in colour and located along the lateral wall of the uterus in a region called the ovarian fossa. Each ovary is nearly 4 cm x 3 cm x 2 cm in size. Ovaries in females are analogous to testes in males, in a way that both are gonads and endocrine glands.



Female reproductive system

Functions

Ovaries secrete hormones, such as oestrogen, testosterone and progesterone. In women, 50% of the testosterone is produced by the ovaries and adrenal glands, and released directly into the blood stream. Oestrogen is responsible for the appearance of secondary sex characteristics in females at puberty and maturation, as well as for maintenance of reproductive organs. Progesterone prepares the uterus for pregnancy and the mammary glands for lactation. It also functions with oestrogen by promoting menstrual cycle changes in the endometrium.

Problems

The problems associated with an ovary are:

- Ovarian cysts and Poly-cystic Ovarian Syndrome (PCOS)
- Premature ovarian failure
- Ovarian torsion (twisting of the ovary)
- Ovarian cancer

Among these, PCOS is the most common endocrine disorder in women of reproductive age, affecting as many as one out of every seven Indian women. Often, the symptoms begin during the teen years.

In this chapter, we will mainly discuss PCOS and its cure through a cleansing process.

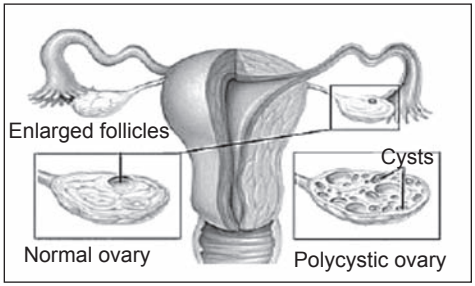
Poly-cystic Ovarian Syndrome (PCOS)

Ovarian cysts are closed, sac-like structures within the ovary, filled with a liquid or semi-solid substance. PCOS is a problem wherein a woman's hormones are out of balance. One hormone change triggers another, which in turn triggers another hormone change and so on. As a result, the sex hormones fall out of balance.

Normally, the ovaries make a tiny amount of male sex hormone, androgen. In PCOS, they start making slightly more androgen than normal.

This may result in acne, lack of ovulation and growth of facial and body hair in excess.

Over time, it can lead to a number of serious health problems, such as infertility, diabetes and heart disease.



An ovary with cysts

Women with PCOS have low-grade inflammation, which may be a cause for insulin resistance. White blood cells produce substances to fight infection. This is known as inflammatory response. When inflammatory response is triggered, white blood cells produce substances that may contribute to insulin resistance and atherosclerosis.

Causes

Women, whose mothers, sisters or grandmothers have had PCOS, are at a higher risk of developing it. Some of the causes are:

- Exposure to excessive amounts of male hormones (androgens) by the developing foetus, may alter proper gene expression. This means that the affected genes will not function properly later in life, causing PCOS during the reproductive years of a woman.
- PCOS is also caused by bad diet, lifestyle and exposure to certain environmental toxins.

Symptoms

Pain in the abdomen or pelvis is the most common symptom of an ovarian cyst, but most cases of PCOS are asymptomatic; symptoms tend to be mild at first. The most common symptoms are:

- Acne
- Weight gain and trouble in losing weight
- Often, women have thicker and darker facial hair growth and more hair on the chest, belly and back
- Thinning of hair on the scalp
- Fewer than nine periods a year. While some women have scanty periods, others may have very heavy bleeding
- Uterus may become bulky and larger than normal
- Recurrent miscarriages, depression and mood disorders

If the cyst has reached a large size, other symptoms may arise as a result of the pressure or distortion of adjacent anatomical structures. These symptoms can include:

- Abdominal fullness or bloating
- Indigestion
- Feeling full after eating only a small amount (early satiety)
- Urinary urgency and urine incontinence
- Difficult bowel movements
- Pain during sexual intercourse

Risks

PCOS, if untreated may cause:

- Infertility
- Menstrual cycle irregularities
- Increased risk of endometrial and breast cancer, due to excessive secretion of oestrogen hormone
- Cardiovascular diseases
- Diabetes and gestational diabetes

PCOS Cleanse

This cleanse will help jump start weight loss, remove unwanted toxins, hormones and chemicals from your body and bring your body into balance. It benefits overall reproductive and general health. You can try any of these ingredients/methods, but do not do them simultaneously.

Cinnamon (दालचीनी)

Cinnamon is a very effective home remedy for PCOS. It can help normalise menstrual cycles and curb sudden hunger pangs, owing to its high fibre content.

Cinnamon

Usage

- While making curd from milk, add 20-25 gms of cinnamon in milk. This curd, during the process of fermentation, absorbs the medicinal properties of cinnamon. Eat a cup of this curd thrice a day for two weeks. Prepare fresh curd every day.
- Add 20-25 gms of cinnamon sticks in half a glass of water. Put it in the freezer, so that water becomes ice. The pressure of the ice squeezes medicine from the cinnamon. Take the ice out after 5-10 hours and let it turn to water. Chew the cinnamon and spit it out when it becomes flavourless. Drink this water empty stomach three times a day. Do it for four days while making fresh medicine every day.

Fenugreek (मेथी) seeds

Fenugreek promotes glucose metabolism in the body and improves insulin resistance. This, in turn, helps balance hormones.

It may also help lower cholesterol, aid weight loss and promote healthy heart functioning.

Fenugreek

Usage

- Soak three teaspoons (nearly 15 gms) of fenugreek seeds in water for six to eight hours so that they become soft and chewable.
- Have one teaspoon (nearly 5 gms) of the soaked seeds, along with some honey, in the morning on an empty stomach.
- Have one teaspoon of the seeds nearly 10 minutes before lunch and dinner.
- Continue this treatment for four days and notice improvement.

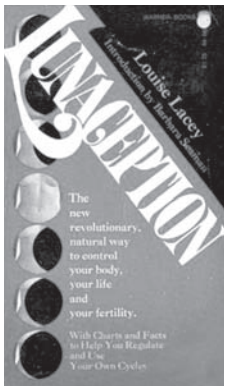
Apple cider vinegar

Apple cider vinegar can regulate menstrual cycles. It is beneficial in dealing with PCOS because it helps control blood sugar and excess production of insulin. Less insulin means less testosterone. It also helps in weight loss and improves overall health.

Usage

- Mix 15 ml of apple cider vinegar in a glass of water and drink it. If you are uncomfortable with the taste of vinegar, start with a lower dose of 5 ml and then move onto the standard dose of 15 ml, two or three times a day. If the taste is too strong, mix the apple cider vinegar with orange or any other fruit juice.
- Drink it daily in the morning and before meals. Within four days, you will notice the symptoms of PCOS receding.

Lunaception



According to author Louise Lacey, women's menstrual cycles are naturally wired to be in sync with the moon. In all early societies, before industrialisation and consumption of processed food, women ovulated at the full moon and menstruated at the new moon. While this was natures default setting, hormonal disruption due to prolonged external stimuli has caused havoc and chaos in women's menstrual cycles:

- Random and uncomfortable periods are the effects of a bad diet and lifestyle that disconnects women from the rhythm of nature. Modern living means that most women abuse their bodies with various chemicals, cosmetics, antibiotics, prescription drugs, pills, extreme emotional stress, over-exercising, refined food and more.
- A key factor in hormonal imbalance is artificial light; it wreaks havoc on their sleep cycles. Their bodies are so sensitive to light patterns that women can regulate release of hormones by managing the light at night.

The concept of manipulating light to regulate menstrual cycles is called lunaception. Lunaception, as the name suggests, follows the pattern of the moon to increase fertility. Sleep in complete darkness, except for three nights in each cycle, i.e., on the 14th, 15th and 16th, when you can use a dim light. By avoiding intercourse on these three days, women can develop regular and healthy menstrual cycles. You will find tremendous improvement after three months of practicing lunaception and notice more energy, easier weight management, less PMS and more.

Procedure

Create a completely dark environment in your bedroom. Seal the edges of curtains around windows, so that no light seeps in. You can also put garbage bags over windows. Also, put a towel under the crack of your door. Once the lights are off, you should not be able to see your hand in front of your face.

- A sleep mask is not a suitable substitute, but it is better than nothing. The body can sense light in the environment through other openings, such as the ears or nose.
- If you visit the bathroom at night, put a red light bulb in the hallway and your bathroom. The red light, just like the firelight used in traditional cultures, will not trigger early ovulation.
- Sleep in complete darkness, except for the three days mentioned above. It is recommended to sleep in complete darkness for one to two months prior to night lighting, to help 'reset' the body.

Benefits

The PCOS Cleanse not only gets rid of unwanted cysts in the ovary, but also:

- Increases the rate of spontaneous ovulation
- Improves the environment of the uterus and prepares it for a healthy conception
- Decreases the possibility of miscarriage
- Prevents diseases, such as diabetes and atheroscelerosis

Frequently asked questions

1. Why doesn't PCOS allow me to lose weight?

The answer is insulin resistance. Normally, women with PCOS do not process insulin properly and struggle to lose weight. Even a small weight loss of 5-6 kgs can be helpful in making menstrual periods more regular. Weight loss also has been found to improve cholesterol and insulin levels, and relieve symptoms, such as excess hair growth and acne.

2. What can irregular menstrual periods lead to?

Irregular menstrual periods can lead to infertility and in some women, the development of PCOS.

3. If I have PCOS, will I be able to get pregnant?

PCOS is one of the leading causes of infertility in women. A PCOS Cleanse helps your reproductive organs by making your cycles regular and assisting the ovulation process.

4. How can I cope with the emotional effects of PCOS? I am embarrassed to talk about such problems.

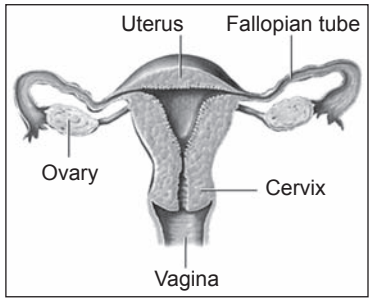
Having PCOS can be difficult, since most women are quite embarrassed by their appearance. Others may worry about not being able to get pregnant. Some women with PCOS might feel depressed. You can discuss it with your mother, sister, husband or friends. Find people who will take your problem seriously. You can also email me if you have any issues to discuss.

Uterus (womb) and fertility

The uterus is a hollow muscular organ located in the female pelvis, between the bladder and rectum. The ovaries produce eggs that travel through the fallopian tubes. Once the egg has left the ovary, it can be fertilised and it implants itself in the lining of the uterus. The uterus nourishes the developing foetus.

Structure

The uterus or womb is an inverted pear like structure. It is a hollow, muscular organ with thick walls and a glandular lining called the endometrium. In an adult female, the uterus is approximately 7.5 cm (3 inches) long, 5 cm (2 inches) wide and 2.5 cm (1 inch) thick, but it enlarges to 4-5 times in pregnancy. The narrower, lower end of the uterus is the cervix, which projects into the vagina.



Female reproductive system

Functions

The uterus is essential for sexual response by directing blood flow to the pelvis and to the external genitalia, including the ovaries, vagina, labia and clitoris. The reproductive function of the uterus is to accept a fertilised ovum, which has passed through the utero-tubal junction from the fallopian tube.

Baby in the uterus

Problems

The uterus is often affected by a number of problems, such as:

Endometriosis

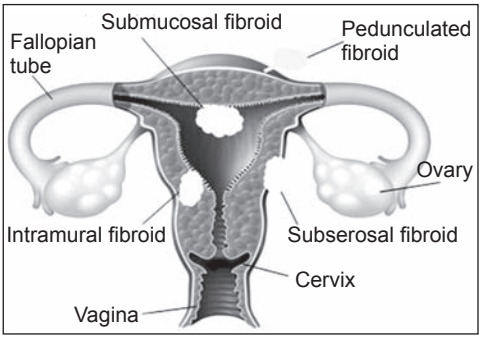
This is a condition, wherein, fragments of the uterus lining (endometrium) migrate into the fallopian tubes, ovaries, vagina or even into the intestine, where, under the influence of oestrogen and progesterone, they mix with the blood every month, irritating and scarring the surrounding tissues. This condition is most common in childless women, between the

age of 30 to 40 years with symptoms, such as:

- heavy periods
- dragging period pains, which tend to get worse toward the end of the period
- difficulty in getting pregnant
- painful intercourse, but severe cases are uncommon

Fibroids

Fibroids are non-cancerous growths in or on walls of the uterus, sometimes on a stalk, and vary in size, from a pea to a large plum. They tend to occur in clusters, rather than singularly. They may take a few or many years to develop. Fibroids are common in women between the age group of 35-40 years. Undesirable infringement on personal privacy during puberty (ages 8-14) leading to fear and trauma can create several kinds of problems in women later in their lives, such as cysts and fibroids. Small fibroids are often asymptomatic, but large fibroids can cause:



Fibroids in the uterus

- heavy, prolonged periods with clots
- painful intercourse and cystitis, as they press on the bladder and prevent it from emptying properly
- difficulty in getting pregnant, miscarriage or pain during pregnancy

Prolapse of the uterus

This occurs when ligaments and muscles that hold the uterus and vagina in place, become weak or slack with age or as a result of childbirth, forcing the uterus to bulge into the vagina and press on the bladder or rectum. The symptoms are:

- a heavy, uncomfortable feeling in the lower abdomen
- backache
- stress incontinence, difficulty in emptying bladder or straining
- discomfort while passing stool

Retroversion of the uterus

In 20% women, the uterus lies close to the rectum, rather than behind the bladder. This is perfectly natural and has no effect on conception, carrying a baby or giving birth, but a few women may experience:

- backache, especially during periods and
- pain due to deep penetration as the penis strikes an ovary

Fertility issues*

Nowadays, infertility is quite common and every third woman of reproductive age suffers from it to a varying extent. Infertility may occur due to one or many of the above problems of the uterus and/or any of the following:

Absent period	Luteal phase defect
Birth control recovery	Menstrual problems
Blocked fallopian tubes	Miscarriage
Cervical mucous	Ovarian cysts
Ectopic pregnancy	PCOS
Fertility issues in men	Premature ovarian failure
FSH fertility	Stress
IVF preparation	Tubal ligation removal
Low progesterone levels	Unexplained infertility

Who needs a Fertility Cleanse?

If your answer is yes to three or more of the following questions, you will benefit from a Fertility Cleanse.

- Do you experience unexplained fatigue or depression?
- Do you feel congested?
- Do you have a distended stomach?
- Do you experience frequent colds and flu?
- Do you have dark circles under your eyes?
- Do you experience nausea during your periods?

* You may visit the following link to read about giving birth to a normal healthy baby:
http://www.thetempleofhealing.org/plr/Types%20of%20birth.pdf or
http://www.drpiyushsaxena.com/plr/Types%20of%20birth.pdf

- Do you have long/short periods or complete absence of the same?
- During menses, do you have dark blood, cramps or blood clots?
- Do you have liver spots or itchy skin?
- Do you have acne?
- Do you have less than one bowel movement a day?
- Do you have more than two bowel movements a day?
- Have you been on medication/antibiotics for longer than a week?
- Have you been on birth control pills?
- Are you experiencing hormonal imbalance?

Uterus and Fertility Cleanse

Over the years, toxins are accumulated in the body, many of which get stored in fat tissues of the body, including the uterus and other reproductive organs. Some of these toxins may be due to:

- Old menstrual blood
- Birth-control pills and other medications
- Old faecal matter
- Poor diet
- Drinking and smoking
- Excess hormones
- Pesticides
- Mercury

Fertility Cleanse - removes stagnant blood

A Fertility Cleanse is specific to the reproductive system and assists the body in eliminating substances that lead to infertility. This cleanse supports the body's natural ability to rid itself off toxins. At the end of each cycle, the uterus must not retain any stale blood. This is the requirement of Mother Nature. Sometimes, it does not happen. Imagine yourself eating fresh cooked vegetables everyday, but mixing it with a portion of week old stale vegetables. As a mother, you are responsible to give the best and a healthy environment to your baby. Therefore, if the uterus is not completely cleansed after every cycle, it may not have the best environment to house a new embryo.

Fertility Cleanse supports the body in preparation for conception, by cleansing the uterus and liver. It encourages the liver to cleanse toxins and excess hormones from the body. It supports the uterus in eliminating old stagnant blood and increasing circulation to the uterus.

The following uterus cleansing techniques have been found to be effective in enhancing fertility, by improving the health of the uterus:

Cleanse using marigold flower

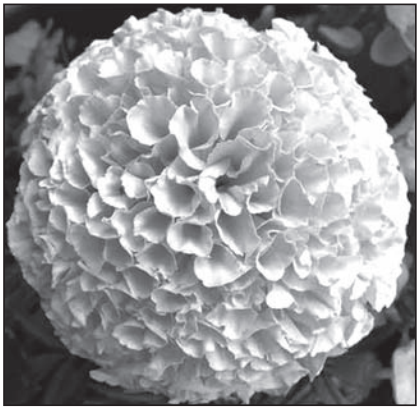
The marigold flower has been used as a tonic for hundreds of years. The species, Calendula officinalis, is known to provide extraordinary support to digestive and reproductive systems, as it contains essential oils, rubber raisins, proteins, sugar, phytosterons, salicyclic acid, enzymes and various salts.

Ingredient

Marigold flowers (गेंदा) 1 kg

Preparation

Gently pull apart the petals of marigold flowers, lay them outside or in a dry area in your house. When they have dried, store them in a mason jar. You can rub them between your fingers to check for moisture.



Marigold flower

Usage

- Add four tablespoons of dried marigold petals in 250 ml of boiling water and let it steep for 15 to 20 minutes. Drink this tea four times a day for 2-3 days. Repeat this process before your menstrual cycle begins. The lower portion of your stomach will feel soft and light.
- You can also fill a glass jar with fresh flowers (or 1/4th full with dried flower petals) and cover it with water. Cap and place it in the sun for five to six hours. Drink it after it cools down. This method, though time consuming, has been widely used since ancient times.

Precaution: Breast feeding mothers should avoid the use of marigold flowers for the first four months of breast feeding.

Cleanse using Castor oil pack

Castor oil packs are beneficial for menstrual problems. Apply the pack on the lower part of abdomen to relieve menstrual pain and other difficulties.

Ingredients and tools

- High quality castor oil
- A glass container
- Woollen or cotton flannel
- Wrap around pack or plastic wrap
- A hot water bottle or heating pad
- Old clothes, towels and sheets, as safeguard against castor oil stains

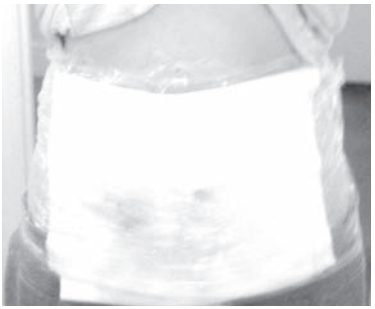
Castor oil

Preparation

- Cut a large piece of cotton flannel (a soft, warm, light cotton fabric or cotton with another fibre, thickly napped on one side and used for sleepwear, undergarments, sheets, etc.) and fold it into thirds to make three layers.
- Thoroughly soak the flannel in castor oil. Carefully fold the flannel and place it in a one litre mason jar. Add a tablespoon of castor oil at regular intervals (every 20 minutes or so) to give it time to saturate. Shake the jar while adding more oil so that it reaches all parts of the cloth. Ideally, this should be done the day before the cleanse, to give it time to evenly soak. Keep the jar to store the flannel between uses (it can be used nearly 10 times).

Procedure

- Carefully remove and unfold the cloth soaked with castor oil.
- While lying on an old towel or sheet, place the cloth on the lower abdomen.
- Cover it with plastic (such as a plastic trash bag) or with the wrap around pack and place the heating pack on top of it. A hot water bottle or heating pad can be used, but hot water bottles may need to be reheated several times.


Castor oil pack

- Lie on your back, keep your feet elevated and relax for 30-60 minutes. Practice deep breathing, reading a book, meditating or praying (or whatever you find relaxing) during this time.
- After some time, remove the pack and return the flannel to the glass container. Store it in the fridge.
- Wait for 5 to 10 minutes.
- Use a bathing soap or a mix of baking soda and luke warm water to remove any castor oil left on the skin.
- Relax and rest. Drink enough water and buttermilk, and stay hydrated during and after the cleanse.

Precautions: Do not use a heated castor oil pack for uterine growths, cancer tumours or ulcers. Don't use it if you are pregnant, breast feeding or menstruating. Don't apply it over bruised skin.

Do's and don'ts

Drink plenty of water, tea and coconut water for good blood flow, as well as to eliminate urine, stool and uterine lining, all of which are important for a Fertility Cleanse. Remember to take rest during your menstrual cycle. In many communities, ladies do not cook during their periods. They are made to rest the whole day and not do any work. It might seem orthodox, but, the earlier generations understood the importance of rest for proper functioning of the uterus during menstrual cycles. Your body has to work hard during your periods, so this is one of the times you will not actively do other work. Once your period is over, you can get back to your regular routine.

Benefits

The focus of the Fertility Cleanse is to prepare the body for conception. The Fertility Cleanse:

- helps the uterus clean out old blood and clots
- supports the body's ability to reduce inflammation in reproductive organs
- increases circulation to the reproductive system
- works with the menstrual cycle for optimal cleansing
- helps the body get rid of excess hormones and toxins
- promotes fertility by supporting female reproductive health
- maintains a balanced and calm mood

- maintains regularity of menstrual cycles
- supports healthy, regular ovulation and egg production
- promotes healthy libido and sexual desire
- above all, helps in conceiving a normal, healthy baby

Frequently asked questions

1. What should I eat during a Fertility Cleanse?

You don't require any dramatic dietary changes. However, I do feel that if you remove the toxins from your body, but continue to eat junk food, your efforts will be not as effective as desired. You should try to add fresh vegetable juices and plenty of raw nuts, fruits and vegetables as part of your daily diet, irrespective of the cleanse that you are doing.

2. Can I take vitamin supplements while doing the Fertility Cleanse?

During the Fertility Cleanse, it is best not to take any supplements.

3. I am on birth control pills. Can I do the Fertility Cleanse?

It is advisable not to do the Fertility Cleanse without appropriate consultation, while on birth control pills or hormonal medications. For more details, you can email your specific problem to me.

4. How do I know that the Fertility Cleanse is working?

A Fertility Cleanse will help every woman. Some women are more sensitive than others and feel a lot of benefit, while others will feel less, but will definitely benefit from the cleanse.

5. Will the Fertility Cleanse help me get my periods back?

There could be many reasons for not menstruating, such as hormonal imbalance, stress and nutritional deficiencies. Fertility Cleanse is the first step towards getting your period back, with additional steps to be followed, such as diet changes, stress reduction, etc..

6. How many times can I do the Fertility Cleanse? I am trying to concieve.

Do it a couple of times in a month, if you are trying to conceive. It is recommended to take a month off before trying to conceive, because the marigold used for the cleanse are not meant to be taken while trying to conceive. The cycle following the cleanse would be a good time to start trying to conceive again.

7. Are there any side-effects of a Fertility Cleanse?

There are no overly strong cleansing reactions of the Fertility Cleanse, except for some minor mood swings.

8. Can I go to work as usual while doing a Fertility Cleanse?

Yes, while doing a Fertility Cleanse, you can continue going to work and do all your day-to-day activities as usual.

9. If I don't have a period, when should I start my Fertility Cleanse?

If you do not have a period due to PCOS or other reasons, then you can choose any date at your convenience.

10. What is the best time of the day to do a Fertility Cleanse?

The Fertility Cleanse ingredients are best taken at two different times of the day - morning and evening.

11. Can I use the castor oil pack after the marigold cleansing method?

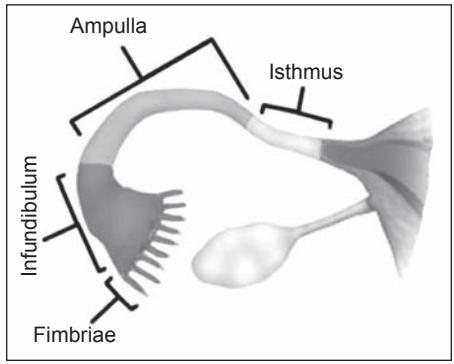
Yes, the therapeutic castor oil packs can be used at any time except during pregnancy or periods.

Fallopian tubes

The fallopian tubes (or uterine tubes) are muscular 'J-shaped' tubes, found in the female reproductive tract. Each side of the uterus has a fallopian tube that extends from it and reaches the ovary on the corresponding side. They are one of the main components of the female reproductive system and they must work properly to ensure fertility.

Structure

The fallopian tubes are uterine appendages that exit the uterus through an area referred to as the cornua, which forms a connection between the endometrial and peritoneal cavities. Each uterine tube is approximately 10 cm in length and 1 cm in diameter. The distal portion of the uterine tube ends in an orientation encircling the ovary.



Fallopian tube

A uterine tube contains three parts. The first segment, closest to the uterus, is called the isthmus. The second segment is the ampulla, which becomes more dilated in diameter and is the most common site for fertilisation. The final segment, located farthest from the uterus, is the infundibulum. The infundibulum gives rise to the fimbriae, fingerlike projections responsible for picking up the egg released by the ovary.

Functions

The main function of the fallopian tubes is to assist in the transfer of the ovum from the ovary to the uterus in the following manner:

Ovulation

Every month, inside the ovaries, a group of eggs start growing in small, fluid-filled sacs called follicles. Eventually, one of the eggs, through the process of ovulation, erupts from the follicle. This usually happens two weeks before the subsequent period.

Hormones

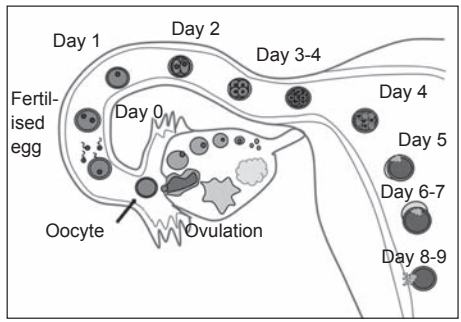
After the egg leaves the follicle, the follicle develops into the corpus luteum. The corpus luteum releases a hormone that helps thicken the lining of a woman's uterus, and prepare it to receive the egg.

Release of egg

After the egg is released, it moves into the fallopian tube and stays there for nearly 24 hours, waiting for a sperm to fertilise it.

Fertilisation

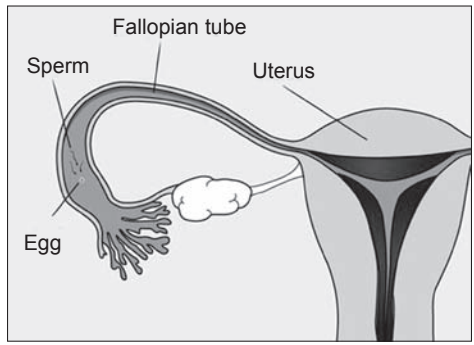
If one sperm does make its way into any of the fallopian tubes and burrows into the egg, fertilisation occurs. The egg then does not allow any other sperm to enter. At the instant of fertilisation, the baby's genes and sex are set. If the sperm has a Y chromosome, the baby will be a boy. If it has an X chromosome, the baby will be a girl. If no sperm fertilises the egg, it moves through the uterus and disintegrates.



Fertilisation

Implantation

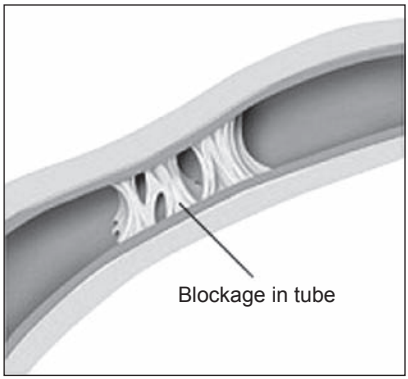
The egg stays in the fallopian tube for nearly 3-4 days. But, within 24 hours of being fertilised, it starts dividing rapidly into many cells and continues to divide as it moves slowly through the fallopian tube to the uterus. It then attaches itself to the lining of the uterus. This is called implantation.



Implantation

Problems

Fallopian tubes provide a safe passage to the eggs from the ovaries to the uterus. Nearly 20% of female infertility issues are related to a blocked or damaged fallopian tube, due to any of the following reasons:



Blockage in fallopian tube

- Pelvic Inflammatory Disease (PID)
- Endometriosis
- Scar tissue, adhesions and damaged tube ends (fimbriae)
- Blocked tubes since birth (congenital tubal obstruction)
- Intentional tying or clipping to prevent pregnancy
- Accidental damage, following other surgery

Symptoms

Symptoms of fallopian tube problems may include:

- General pain in the pelvic area
- Irregular periods with varying number of days between each period
- Absent or sudden stopping of periods
- Very long menstrual cycle (35 days or more) or too short (less than 21 days)
- Very painful period
- Repeated miscarriages
- Milky white discharge from nipples, unrelated to pregnancy
- Changing skin, which often includes increased acne, change in libido, etc.
- Pain during or following intercourse

Fallopian Tube Cleanse

A Fallopian Tube Cleanse helps cleanse the entire reproductive system, and increases circulation to the reproductive organs. Cleansing helps eliminate toxic compounds that increase chances of inflammation, often responsible for scarring of the fallopian tube.

Starting your Fallopian Tube Cleanse should begin with a Fertility Cleanse. It creates a 'clean slate' and helps the body respond and utilise other natural remedies better (for details, see Uterus and Fertility Cleanse on page 162 onwards).

Self fertility massage

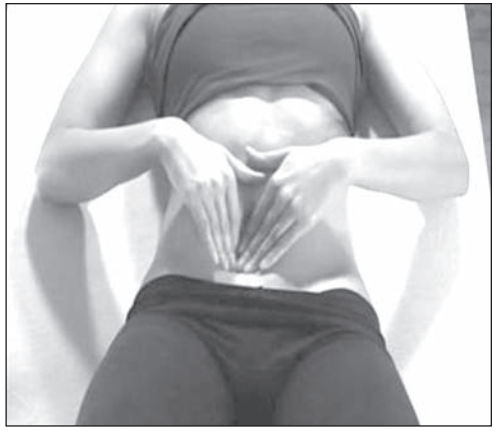
Self fertility massage is a series of massage techniques that support reproductive health, menstrual cycles, and fertility.

One of the greatest benefits of the massage is its ability to break adhesions. Adhesions comprise scar tissues. These adhesions cause the fallopian tubes to become blocked, stick together or stick to other parts of the reproductive organs or other internal tissues of the body. Self fertility massage helps break these adhesions gently and increases circulation to detoxify and restore optimal functionality of the reproductive organs, including the fallopian tubes. Massage provides a great non-intrusive cure for women with blocked fallopian tubes.

This massage can be performed for 15 minutes every day. Before beginning, make sure your bladder is empty. Avoid the massage, if you suspect that you are pregnant or if you are menstruating. Stop the self massage if you experience pain or feel uncomfortable. Self massage should be performed 3-4 times a day for nearly two weeks to obtain good results:

- Before you begin, warm up your hands and apply a massage oil, such as almond or olive oil.
- Locate the uterus, between the pubic bone and the navel.
- Use your fingers to gently apply a little pressure across the top edge of your uterus.
- By using moderate to deep pressure, find areas of your pelvic region that feel tight and gently massage in circular motions all the way around your lower abdominal area. Always massage in a clockwise manner.

- Use your intuition to massage the areas that feel tense. Take a deep breath and try to relax your pelvic area by visualising your ovaries, fallopian tubes and uterus full of positive healing energy and light. Open your mouth and relax your jaw. Relaxing your jaw helps relax and release accumulated stress in your pelvis.

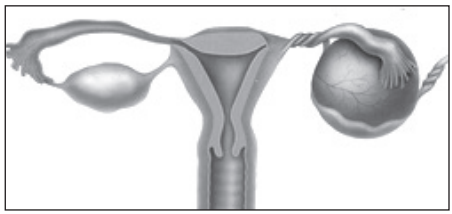


Self massage for fertility

- Finish by gently pressing up and down. Continue this 'up and down' motion for at least 10-20 counts.

Benefits

Self massage helps in cases of pain from endometriosis, twisted fallopian tubes, ovulation pain and other concerns. All the reproductive organs are positively affected by this massage because it increases blood flow to the ovaries supplying the eggs, with oxygen rich blood. Additionally, the massage helps in digestion and eliminates toxins from the body.



Twisted fallopian tube

Even excess hormones, that may cause damage, are flushed out. It is also essential that feces are moved out of the human system regularly to reduce fecal pressure on the reproductive organs.

Self massage benefits the fallopian tube health as follows:

- Helps the body clear blocked fallopian tubes
- Helps break scar tissue
- Increased circulation aids in tissue elimination
- Helps reduce inflammation
- Helps the body loosen tight or twisted muscles

Fertility massage and menstrual cycle

The average length of a female menstrual cycle is 28 days. The entire duration can be divided into following phases:

1. Menstrual phase (Day 1 to 5)
2. Follicular phase (Day 1 to 13)
3. Ovulation phase (Day 14)
4. Luteal phase (Day 15 to 28)

The best time for a fertility massage is after the menstrual phase until the ovulation phase (from day 6 to 14). This is because the egg is produced, developed and released during this time, and the self fertility massage can help direct regular supply of oxygenated blood and even distribution of hormones toward the reproductive area.

Women who are not trying to conceive, but only preparing their body, can engage in self fertility massage anytime during the menstrual cycle, except during menstruation.

For women trying to conceive, fertility massage should not be done during the luteal phase to avoid the risk of miscarriage, in case implantation occurs immediately after ovulation.

Ovary massage

The ovarian massage helps draw oxygenated blood to your ovaries and release congestion by improving circulation to this area including the fallopian tubes. The process is as follows:

- Begin by warming up your hands.
- Take a deep breath and relax your jaw and pelvic area by placing a pillow under your knees.
- Visualise a beautiful white light surrounding you, helping you relax, and release all mental and emotional worries.
- Locate the areas on both left and right sides 3" from the middle line and 4" down from the navel.
- Massage left and right side, in a clockwise motion, deeply applying an increased pressure and then release your fingertips. If you feel pain or discomfort, do not apply too much pressure.
- Finish by taking a deep breath.
- Visualise your ovaries and fallopian tubes completely healthy and clear of any scarring or blockage.

Frequently asked questions

1. How do blocked fallopian tubes cause infertility?

Every month, when ovulation occurs, an egg is released from one of the ovaries. The egg travels from the ovary, through the tubes, into the uterus. The sperms need to swim their way from the cervix, through the uterus and the fallopian tubes, to reach the egg. Fertilisation usually takes place while the egg is traveling through the tube. If one or both fallopian tubes are blocked, the egg cannot reach the uterus, and the sperm cannot reach the egg, preventing fertilisation and pregnancy. It's also possible for the tube to be blocked only partially increasing the risk of a tubal pregnancy, or ectopic pregnancy.

2. Can I get pregnant with one functional fallopian tube?

You might have only one fallopian tube if you've had pelvic surgery due to an infection or a tumor, or a past ectopic pregnancy. Occasionally, some women are born with only one tube. However, you may still be able to get pregnant with one functional fallopian tube.

3. What is endometriosis?

It is a condition, wherein the tissue that forms the lining of the uterus (the endometrium) is outside the uterus instead of inside.

4. **How will I know if my tubes are healed and unblocked, or not?**

Hopefully by then, you would already be pregnant with a healthy baby, and will not need any testing!

5. Can natural therapies for blocked fallopian tubes heal twisted fallopian tubes, or tubes stuck to other organs or tissues? What about fallopian tubes that have been blocked for many years?

Severely damaged fallopian tubes need special care. The longer the fallopian tissues have been damaged, the longer it may take to get them to function naturally again. It really depends on the extent of damage, and duration of the issue. Your efforts and subsequent improvement in your system, will help you determine this.

6. Is it possible to naturally regrow the fimbriae and cilia once it has been damaged by scar tissue?

There are no known home remedies that are proven to regrow either the fimbriae or cilia, but it will not hurt to look into options that reduce scar tissue formation, promote circulation and protect cellular health (antioxidants).

7. Why don't you suggest using herbal tampons for blocked fallopian tubes?

I find that the risk of infection due to use of such herbal tampons is greater than its benefits. Many of the herbs used in herbal tampons are just as effective when taken orally. Additionally, herbal tampons are expensive as compared to other natural options.

Vagina Cleanse

The vagina is an elastic, muscular canal with a soft, flexible lining that provides lubrication and sensation. It connects the uterus to the outside world. It receives the penis during sexual intercourse and also serves as a conduit for menstrual flow from the uterus. The hymen is a thin membrane of tissue inside the vaginal opening. It may be torn or ruptured by sexual activity or exercise.

Functions

The vagina has several biological functions, such as:

Sexual activity

The concentration of nerve endings that lie close to the entrance of a vagina (the lower third) can provide pleasurable sensations during sexual activity, if stimulated in a way that the woman enjoys. An erogenous zone, commonly referred to as the G-Spot (Gräfenberg Spot), is located at the anterior wall of the vagina, nearly 5 cm from the vaginal entrance. Women experience intense pleasure and ejaculate, if it is appropriately stimulated.

Fertilisation

The walls of the vagina are composed of soft elastic folds of mucous membrane, which stretch or contract (with support from pelvic muscles) to the size of the inserted penis or any other object, stimulating the penis and helping the male experience an orgasm and ejaculate, thus, enabling fertilisation.

Childbirth

During childbirth, the baby passes through the vagina, also known as the birth canal. The vagina provides a channel to deliver the newborn from the uterus to its independent life, outside the mother's body.

Uterine secretions

The vagina provides a path for menstrual blood and tissue to leave the body. In modern societies, several products, such as tampons, menstrual cups and sanitary napkins, are used to absorb or capture these fluids. However, sometimes these products may cause infection, inflammation, allergies or other problems.

Problems

The vagina can suffer from various problems, such as vaginitis, vaginismus, vaginal warts, trichomoniasis, bacterial vaginosis, unwanted white or yellow discharge, herpes, gonorrhea and bladder infections, which need to be treated and cleansed both internally as well as externally.

Apart from the above, there are other numerous vaginal problems, such as blood discharge, brown discharge after period, cysts and abscesses in vaginal area, discharge due to excessive use of soap, dark marks and other worrisome spots, discharge during intercourse, dry vagina, excessive vaginal lubrication, heavy vaginal discharge, itchiness around clitoris after sex, itchiness around vagina and adjoining area, light bleeding, milky sticky discharge, odour around intimate areas and front passage, pink-brown discharge, smelly green discharge, sore area inside the lips of vagina and other genital areas, thick discharge, urine incontinency, vaginal bleeding for 27 days, vaginal discharge with soreness, vaginal pain caused by vitamin B_{12} deficiency, vaginal discharge due to use of pills, yellow discharge instead of a period, etc., as mentioned on my websites. However, most of these problems are cured by Liver, Kidney, Fat and Acidity Cleanses, depending on a case-to-case basis.

Vagina Cleanse

The vagina is 'self-cleansing'. It is normal for women of reproductive age to experience vaginal discharge. However, this cannot treat all problems of the vagina, such as infections, loose vagina, etc.. Regular Vagina Cleanse through douching protects you from these infections and most other such problems.

Douching

Douching is the process of washing or cleaning the vagina with water or other mixtures of fluids, externally. Douching has a limited role in treating vaginitis and other infections, but it prevents most of them, if done properly and regularly.

Usually douches are prepackaged mixes of water and vinegar, baking soda or iodine. Women can buy

Douche nozzle

these products at any medical or grocery store. The mixtures usually come in a bottle and can be squirted into the vagina through a tube or nozzle.

Natural remedies

Fenugreek (मेथी): Fenugreek is highly beneficial for females. Those who experience foul vaginal odour can consume fenugreek in its natural form. Soak a teaspoon of fenugreek seeds in one glass of water before going to bed and drink it the next morning on an empty stomach. You can also use fenugreek seeds to make herbal tea, and have it two times a day.

Garlic (लहसुन): Garlic is a kind of natural antibiotic. It can help cure vaginal infections as well as vaginal odour. Garlic may be consumed raw or in a cooked form. A peeled and sliced garlic clove, kept inside the vagina for 10-15 minutes, cleanses it throughly.

White vinegar: White vinegar neutralises odours. You may add half a cup of white vinegar and salt to your bath tub* and allow your lower body to soak in it for a few minutes. This will help restore pH levels of the vagina and eliminate odours. For better results, use lukewarm water instead of cold water.

Apple cider vinegar: Apple cider vinegar is a natural anti-bacterial and is found in most of the ready-to-use douches. A bath in apple cider vinegar is one of the simplest ways to get rid of vaginal odour. Fill a bath tub with warm water, add some apple cider vinegar and have a nice long soak for about half an hour.

Neem leaves (नीम की पत्तियां): Fresh neem leaves, when kept adjacent to the vaginal area for about 20 minutes, help in the elimination of toxins and give a freshness to the body. Neem leaves have antibacterial and antifungal properties that help protect the soft skin.

*If a bath tub is not available, take a small towel and soak it in a mild solution of apple cider vinegar. Put it near the vagina for 5-10 minutes.

For complete details and alternate choices visit www.drpiyushsaxena.com or www.thetempleofhealing.org.

Dosage - Frequency, quantity, etc.

To begin with, do a Liver Cleanse.

The book on Cleansing Therapy is a Cure Yourself method, where the patient is the doctor. That means, *Apna Ilaaj Apne Haath*.

Apna Ilaaj Apne Haath
(अपना इलाज अपने हाथ)

As a practical therapy, it is devoid of lofty goals that we know to be ideal in principle, but practically impossible due to various reasons, such as time, cost and more.

Although, the process of the various cleanses are self-explanatory, as you may have already read, several questions often arise on the ideal dosage of ingredients, frequency and preferential sequence for the various cleanses (if more than one cleanse is to be done), and how often they need to be repeated.

Modern medical science works on the basis of treating all humans the same. It is assumed that if a treatment works properly on one person, it will have the same effect on everyone else. Based on studies conducted during the clinical trial phase of a drug, an optimal dosage for the average person is derived. Here, the optimal dosage is calculated depending on the type of disease and its potential propensity to cause side-effects, rather than on the individual nature of each patients health issue. Allopathic medicines are taken after meals to dilute their side effects and Cleansing Therapy dosages are taken before meals for best absorption.

For example, a person weighing 90 kgs may need a slightly higher dose as compared to a patient weighing only 50 kgs. In the Liver Cleanse chapter, I have suggested the dosage for a person with an average weight of 70 kgs. For a lighter person, the dosage has to be reduced in approximate proportion because the size of their liver will usually be smaller. For heavier people, the dosage need not be increased because the extra weight is often due to excess fat or mucus surrounding the toxins, rather than a larger liver.

In the Kidney Cleanse, some people have responded very well to just one glass of corn silk tea, while others required six glasses. The same is true with parsley tea, coriander leaf tea and watermelon seeds tea.

Effects vary from person to person based on their individual body composition and metabolism. No one knows your body better than you and we believe that you are the best doctor for yourself. Therefore, I suggest that you consider the dosage mentioned in this book as guidelines and decide the ideal quantity, dose and frequency of the treatment yourself.

However, an elaborate discussion on dosage is not the best way to improve your health.

Social media, internet and various search engines have made it easy for anybody to do a PhD on ailments quickly. But, is this bundle of information about symptoms and ailments, going to solve his/her problem? On the other hand, basic information about the treatment can lead to a cure. You have to decide whether you need a PhD on the problem or basic knowledge of the solution.

There are two types of people. One, those who study, do internet research about the pros and cons and meet highly qualified people. All this exercise helps them make a conscious decision to do a Liver Cleanse, but postpone it indefinitely.

Second, those who have done a Liver Cleanse, after understanding that the ingredients will not harm them and benefited immensely. You decide which category you want to belong to.

Believe in taking action, instead of debating the minutiae endlessly. We urge you to do a Liver Cleanse at the earliest or start with any cleanse right away, with an approximate quantity of the dosage as recommended in our cleanses. A significant and noticeable result is guaranteed. The result will help you believe in Cleansing Therapy and its various cleanses. There is no other treatment, in any other therapy available, to match the 18 hours process of the Liver Cleanse with so many health benefits. Everyone feels significant improvement in their overall health, energy levels and functioning of the body after a Liver Cleanse.

For the sequence of cleanses, I suggest that you collect all the ingredients easily available and start with any cleanse.

On an average, I recommend you to do the cleanses as follows:

	Cleanse	**Frequency**
1.	Kidney Cleanse	Twice a month
2.	Acidity Cleanse	Twice a month
3.	Parasite Cleanse	Once every six months
4.	Liver Cleanse (follow page 85)	Two weeks/six months
5.	Joint Cleanse	Once in five years
6.	Fat Cleanse	Once in six months (max.)
7.	Colon Cleanse	Once a month
8.	Mouth Cleanse	Once a week
9.	Ovary & PCOS Cleanse*	Once a month
10.	Uterus & Fertility Cleanse*	Once a month
11.	Fallopian Tube Cleanse*	Once a month
12.	Vagina Cleanse*	Twice a month
13.	Anger Cleanse#	Twice a month
14.	Body Odour Cleanse#	Once a month
15.	Breast Cleanse#	Once a month
16.	Depression Cleanse#	Twice a month
17.	Ear Cleanse#	Once a month
18.	Eye Cleanse#	Twice a month
19.	Hair Cleanse#	Twice a month
20.	Lung Cleanse#	Twice a month
21.	Nose Cleanse#	Twice a month
22.	Pancreas Cleanse#	Twice a month
23.	Prostrate Cleanse#	Twice a month
24.	Skin Cleanse#	Twice a month
25.	Throat Cleanse#	Twice a month
26.	Thyroid Cleanse#	Twice a month
27.	Tooth Cleanse#	Twice a month
28.	Virility Cleanse#	Twice a month

Cleanse for Jain monks

A couple of months back, I met a few Jain Sadhus/Sadhvis (monks) in Jalgaon, Maharashtra and Jodhpur, Rajasthan. They told me that they do not use mobiles, tube lights, bulbs, fans or any electronic gadgets. They do not stay for more than a few weeks in one place, except during monsoon. They eat only during the day and do not eat potatoes, carrots, onions, or anything that grows below the ground. After sunset, they do not eat or drink water, and wait for 48 minutes after sunrise to even have boiled water.

People often waste a lot of time searching for original, organic or pure products. I assure you that any of the suggested ingredients do not come adulterated or in counterfeit, as their prices are very low.

If zapper, pulsar, Clarkia tincture or colloidal silver maker are not available, then skip the Parasite Cleanse for the time being and do it later when you have the tools and ingredients. Follow it up with a Liver Cleanse. However, in spite of doing a Liver Cleanse, if you still have any doubts, you are always welcome to contact us.

For the second Liver Cleanse, your objective is to expel as much toxins as possible, which is only possible when your organs are in good working condition. So, do a Kidney, Acidity and Parasite Cleanse and follow it up with a Liver Cleanse.

If you find any contradiction in the dosage or frequency of medicines, as compared to other methods, then follow either one of the two - you will get good results either way! The important thing is to actually do the cleansing and become healthy as soon as possible.

Jain sadhus/sadhvis do not cook food for themselves. Instead, they go from house to house and collect *bhiksha* (donation in the form of food). This system or practice is called Gochari. These monks collect only a small quantity of food from each house; similar to how cows eat grass in one area and move to the next, eating only a little at a time. I discussed their health issues at length and advised suitable cleanses, with modifications appropriate to their faith.

The following schedule works best for monks who wish to complete a Liver Cleanse within a day's time due to their religious obligations.

Revised schedule with reference to page 84-85

Dose 1	Early morning	Dose 4	3.00 p.m.
Dose 2	1½ hours after dose 1	Dose 5	4.30 p.m.
Dose 3	1½ hours after dose 2	Dose 6	6.00 p.m.**

Please lie down between the period of dose 3 and 4 in a comfortable position on your right side.

In case you come across any such monks, please refer them to me for guidance.

* Before conception, it is better to do the cleanses - PCOS, Uterus and fertility, Fallopian tube, Vagina and Virility Cleanse - two or more times in a month. For details, visit our websites and refer page 164 to provide the best environment to your foetus.

These cleanses are not covered in this book, but you can find them on my websites: www.drpiyushsaxena.com or www.thetempleofhealing.org.

** Or before sunset if necessary.

Submission to the Ministry of Ayush

I did my first Liver Cleanse in 2003, even though it was not well known in India. With my success, word of mouth spread and gradually, media started promoting this therapy. Mr Ramesh Pandya, a diabetic and Vice President, International Human Rights Council, did his Liver Cleanse on January 18, 2015. He too felt the miracle. His sugar levels and liver function improved considerably and he felt a surge in his energy levels. So impressed was he with the results that he personally persuaded more than 10,000 people to do a Liver Cleanse. On August 09, 2015, he wrote to the Union Minister of Health requesting recognition for Cleansing Therapy and Liver Cleanse. The minister acknowledged his application on August 14, 2015. In due course, it was marked to Dr Neeta Kumar, MBBS, MD, Scientist 'D' in the Indian Council of Medical Research (ICMR), New Delhi.

Mr Pandya persuaded Dr Kumar to do a Liver Cleanse herself before forming any opinion. She agreed, found it to be effective, and decided to promote it. As a result of her efforts, the study of Liver Cleanse has been referred to Ministry of AYUSH, New Delhi, for further evaluation.

ICMR File Note number: N5 DHRES /E/215/00034, OPA-42624, dated May 26, 2016.

Subject: Effectiveness evaluation of Liver Cleanse Therapy on metabolic syndrome and quality of life. Principal Investigator Prof. Dr Radhey Shyam Sharma, Vice Chancellor, Dr S. R. Ayurved University, Jodhpur / Co-Investigator Dr Piyush Saxena, Duration - 2 years, budget - Rs 26 lakhs.

Comments: The project is very interesting in light of its wide applicability and has reported to treat more than 50000 patients, with good outcomes. It has shown benefits in various conditions, such as control of sugar among diabetes, gallbladder stone and metabolic syndrome. Those were verified and evident in verbal enquiry with randomly selected patients from the list of treated cases. To make the study evidence based, scientific documentation requires experts from AYUSH, since expertise of the ICMR's group is mainly allopathic stream. Hence, the project needs to be submitted to the Ministry of AYUSH.

Recommendations: Submission for Ministry of AYUSH.

Accreditation and Testimonial

दैनिक भास्कर
आप पढ़ रहे हैं देश का सबसे विश्वसनीय और नंबर 1 अखबार
कुल पृष्ठ 12+8=20 मूल्य ₹ 4.00
नागपुर
सोमवार 18 मई, 2015, ज्येष्ठ कृष्ण पक्ष-15, 2072

थेरेपी को नहीं आजमाया होता, तो आज मैं डांस नहीं कर रही होती

उम्मीद

बॉलीवुड में लोकप्रिय हो रही क्लींजिंग थेरेपी, स्वस्थ रहो, मस्त रहो : सेठ

ब्यूरो । मुंबई

भोजपुरी फिल्मों में अपने आयटम डांस के लिए मशहूर और डांसिंग क्वीन, दिल जीतेगी देसी गर्ल, बिग-बॉस-2 वगैरह से चर्चा में आई अभिनेत्री संभावना सेठ से आप सभी परिचित होंगे। लेकिन, इस सच से नहीं कि कोई आठ साल पहले, 2006 में उनके डॉक्टर ने उन्हें एक्टिंग और डांस छोड़कर कोई दूसरा प्रोफेशन चुन लेने की सलाह दी थी क्योंकि अस्सी से अधिक चीजों से एलर्जी तो उन्हें थी ही, रियूमेटॉइड, आर्थराइटिस की जन्मजात समस्या के कारण वो स्टेरॉयड पर थीं। इसी दौरान एक अनजान-सी अल्टरनेट थेरेपी 'क्लींजिंग थेरेपी' के प्रणेता डॉ. पीयूष सक्सेना से उनकी मुलाकत हुई, ''डॉ. सक्सेना मेरे लिए भगवान बनकर आए थे। अगर मैंने उनकी क्लींजिंग थेरेपी को नहीं आजमाया होता, तो आज मैं डांस नहीं कर रही होती।'' कुछ ऐसा ही अनुभव अभिनेत्री, समाजसेवी

संभावना सेठ

और कांग्रेसी नेता कुनिका सदानंद का भी है। उन्हें भी इतनी चीजों से एलर्जी थी कि 'क्या खाएं, क्या न खाएं' समझ में नहीं आता था। कुनिका मानती हैं कि क्लींजिंग थेरेपी उनके लिए वरदान साबित हुई। क्लींज करके वो न सिर्फ अपनी लाइलाज एलर्जी की समस्या से छुटकारा पा सकीं, बल्कि पिछले 6 साल से बिना दवा व अस्थमा के पंप के सामान्य जीवन जी रही हैं।

शरीर के विभिन्न अंगों की सफाई

क्लींजिंग थेरेपी में शरीर के विभिन्न अंगों- लिवर, किडनी, जोड़ों आदि की जरूरत के मुताबिक क्लींज यानी सफाई की जाती है। इनमें सबसे अहम है लिवर क्लींज जिसे मास्टर क्लींज भी कहते हैं। निर्देशानुसार इसे करते रहने से आपकी अनेक शारीरिक समस्याएं दूर हो जाती हैं। लिवर क्लींज के लिए एक्स्ट्रा वर्जिन ओलिव ऑइल और एप्सम साल्ट का सेवन करना पड़ता है। किडनी क्लींज यानी किडनी की सफाई महज भुट्टे (मकई) के सुनहरे बाल या पार्सली की पत्तियों या फिर तरबूज के बीजों का काढ़ा बनाकर पीने से हो जाती है। शरीर को स्वस्थ रखने के आवश्यक दो दर्जन से भी ज्यादा क्लींजिंग थेरेपीज का जिक्र डॉ. सक्सेना की वेबसाइट पर है। डॉ. सक्सेना का दावा है कि उनकी इन क्लींजिंग थेरेपीज को आजमाकर शरीर की 90 फीसदी समस्याओं का 100 फीसदी इलाज संभव है। अभिनेता राहुल रॉय, आशुतोष राणा, राजेन्द्र गुप्ता वगैरह इस थेरेपी से प्रभावित हैं। एंजियो प्लास्टी करा चुके कॉमेडियन राजू श्रीवास्तव भी इस थेरेपी को आजमा चुके हैं। उनका कहना है कि डॉ. सक्सेना की इस यूनिक स्टडी को हम सबको आजमाना चाहिए। बहरहाल, सवाल ये उठता है कि जब ये थेरेपी इतनी कारगर है तो प्रचलित क्यों नहीं हो पायी है? इसके जवाब में डॉ. सक्सेना कहते हैं कि किसी भी नयी थेरेपी पर लोग आसानी से नहीं विश्वास करते। फिर अल्टरनेटिव चिकित्सा-पद्धतियों के पास प्रसार-प्रचार के लिए पैसा कहां है?

क्लींजिंग थेरेपी है क्या

डॉ. पीयूष सक्सेना बढ़ते प्रदूषण, पैरासाइट और बिगड़ी लाइफ स्टाइल वगैरह को ही तमाम बीमारियों की जड़ मानते हैं। इनके चलते शरीर में टॉक्सिन्स जमा होते रहते हैं, जिन से शरीर के अंग सही ढंग से काम नहीं कर पाते और हम बीमार हो जाते हैं। अगर इन टॉक्सिन्स को शरीर से बाहर निकाल दिया जाए, तो समस्या का इलाज हो जाता है। शरीर से टॉक्सिन्स बाहर निकालने की ये प्रक्रिया ही क्लींजिंग थेरेपी है। इसे समय-समय पर आजमाते रहने से हम स्वस्थ बने रह सकते हैं। बस समय-समय पर क्लींज भर करते रहें। इससे आप रोगग्रस्त होने से बचे रहेंगे। इसीलिए तो मैंने अपनी क्लींजिंग थेरेपी को स्लोगन दिया है- ''खाओ, पियो मस्त रहो, क्लींज करो स्वस्थ रहो।''

Kunickaa Sadanand

Actor, Activist, Politician

Bollywood……. just the mention of the word creates excitement and curiosity in people. Unfortunately not many people are interested in the reality behind the glamour. Being part of the film industry for the past 30 years, I know the pain and hard work that goes hand in glove with fame. Even though I am talking about pain, I really wish I could wish it away. Attributing it to my exercise regimen and emotionally challenging profession, I started shirking from exercise, especially on days when I was not feeling too good emotionally or physically. In the year 1997, I could see my clothes size getting bigger and I got into the vicious circle of 'you feel fat - you stress - you eat - you feel fat and you actually become fat'. After putting on weight, I started suffering from water retention. To top it, someone suggested an allergy test and I discovered I was allergic to about 40 things. It was 2007.

I had reconciled to a life of being overweight with numerous restricting allergies, terrible itching all over my body, sinus and mild asthma (because of allergies), red patches on my skin, body pain and thyroid. I would start my day with anti-allergy tablets and what not. Then, I discovered Dr Piyush's treatment, from my friend Sambhavna Seth. I saw her after a gap of more than six months and was shocked at her weight loss. I congratulated her. She asked me about a red patch on my neck and I said jokingly, "Oh this is a sign of my royal blood." She didn't find it amusing and I knew in my heart how untrue that statement was. She took it upon herself to explain the treatment formulated by Dr Piyush to me and its benefits. At first, it sounded completely impractical and gross. But, I am glad I did it! Today, I feel I have embarked on a new journey, with a new zest for life and an endeavour to help more people with this wonderful and magical treatment. Not only have I stopped taking pain killers and anti-allergy tablets, but my digestion has improved by a hundred times. My hypothyroidism is under control and I don't feel exhausted anymore. Dr Piyush and his cleansing treatments are a blessing for mankind. I recommend it to everyone.

About the author

Dr Piyush Saxena was born in 1958 to Justice Krishna Narayan, a retired judge from High Court Allahabad and late Shanta Saxena. He is a man of many talents - corporate professional, naturopath, wellness counsellor, cleansing therapist, past life regression therapist, activist, avid traveller, thinker, poet, painter, writer, film director, producer, actor, magician and above all, a considerate human being.

Dr Piyush Saxena with his parents

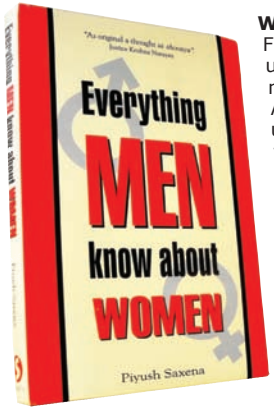
His wife, Shubha, is a teacher, and his son Prakhar has completed software engineering from USA (he also works there) and daughter, Priyanshi deals with curators, sales and acquisition of art works. Dr Saxena did BSc (Physics) and MA (Modern History) from Allahabad University. Later, he completed his PhD in Naturopathy from USA. His professional life started with Bank of India, where he worked from 1981 to 1995 in Uttar Pradesh. Thereafter, he joined Reliance Industries Limited, where he currently works as a Senior Vice President (Corporate Affairs) at Nariman Point, Mumbai.

Over the past 12 years, he has attempted to unlock the mysteries of nature and communicated the truth about them, and has published three books.

Book 1 - 'Everything Men Know About Women' (2005): It has been recognised for its unique conceptual understanding. It became a part of coffee table books in many homes.

DECCAN HERALD

Bangalore, Monday, February 14, 2005



When it comes to women, men draw a blank

For ages the fairer sex has been an enigma to men and unraveling the mystery called "woman" has been a quest that many have, mostly foolhardily, attempted. Or not.

Apparently, working on the premise that the universal male urge to figure out women could lead to a universal male urge to loosen purse strings, Piyush Saxena launched Everything Men Know About Women — a book of pristine white sheets with not a printed word.

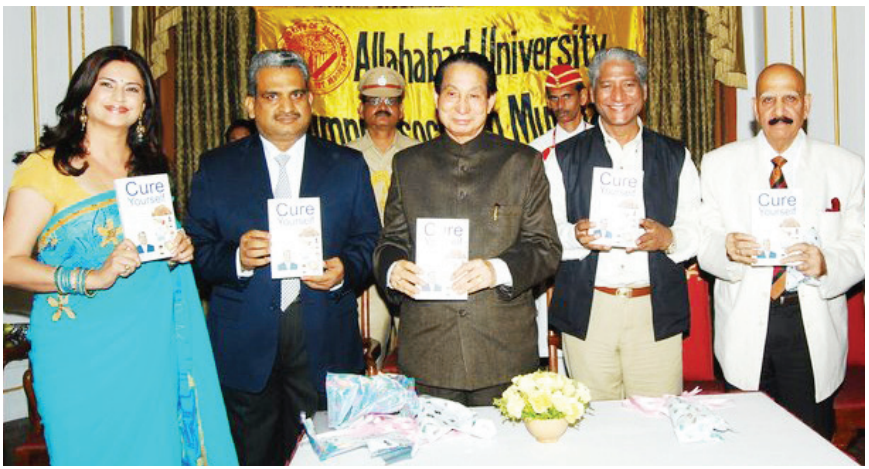
Mr Saxena's book, which hit select outlets in the city a week before Valentine's Day and costs Rs 295, has evoked a mixed response from Bangloreans. Some have panned it, calling the "book" a sly businessman's attempt to make a fast buck, whereas others have embraced the publication and loved the unique concept. Many are merely amused by the cheekiness of the enterprising author. Incidentally, Mr Saxena handles corporate affairs at Reliance Industries in Mumbai. Rajan Das, General Manager of Crosswords book store, says his colleagues are closely watching customers who may be potential purchasers so that they can be warned about the "contents or the lack of it".

However, Ms Madhubala, floor manager at the store, said two of her clients who purchased the book felt it was a perfect Valentine's Day gift. Shilpi Rathnakumar, a writer in her mid twenties, said it was a fantastic idea to bring out such a book.

"It gives us (women) the freedom to pen down our thoughts on our perception of what women are like. What more could we ask for?" she said.

The book and its review as published in the Deccan Herald, Bangalore.

Book 2 - 'Cure Yourself' (2008): The book is based on the Cleansing Therapy promoted by Dr Saxena.



Dr Saxena with His Excellency S C Jamir (Centre), Governor of Maharashtra, Actors Kunickaa Sadanand and Rajendra Gupta and Industrialist Mohd Zakaullah, during the release of 'Cure Yourself' at Raj Bhavan, Mumbai

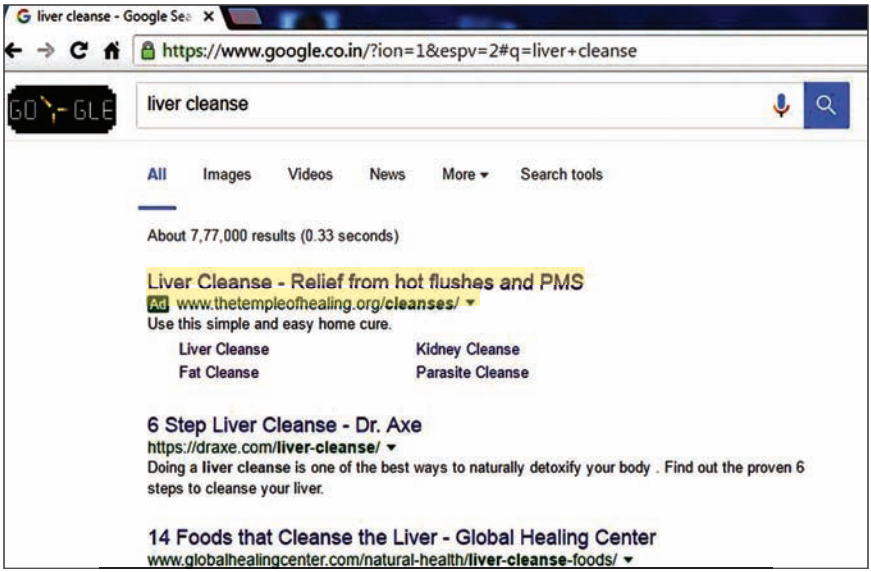
Dr Saxena delivering a lecture at RBI Central Office, Mumbai

'Cleansing Therapy - Cure Yourself', second edition (2016) – In this edition, he has added Fat, Colon, Mouth, PCOS, Uterus and Fertility, Fallopian tube and Vagina Cleanses. On his website, you can find 28 cleanses that cover all the major systems of our body.

His articles on health, wellness and social issues have been featured in various well known Indian publications, such as Health & Nutrition, Dainik Bhaskar, Rajasthan Patrika, Women's Era, Navbharat, etc.. He has also appeared on numerous radio and TV programs. He frequently delivers lectures on Cleansing Therapy to promote wellbeing of the general public throughout India.

He is also the Founder Secretary of Temple of Healing (TOH), founded to promote Cleansing Therapy and wellbeing of human kind.

Delivering a lecture at NACEN, Vadodara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6 Step Liver Cleanse - Dr. Axe
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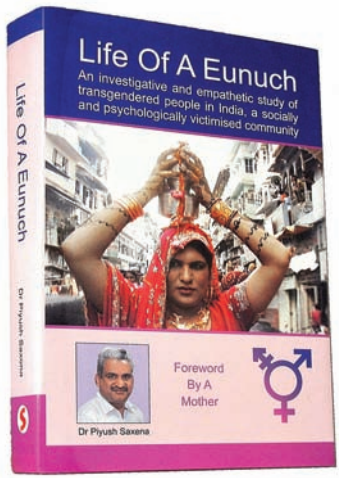
Screen shot of google search showing our website prominently

His trust, Temple of Healing, is a recipient of a Google Ad Grants award of 10,000 USD per month. The Google Ad Grants program supports registered nonprofit organisations that share Google's philosophy of community service to help the world in areas such as science and technology, education, global public health, the environment, youth advocacy and the arts. As a result, the website appears among the top results on Google search.

Book 3 - 'Life Of A Eunuch' (2011): It is a 540+ pages book that covers various aspects of eunuchs secretive lives, such as their history, lifestyle, festivals and celebrations, living with gurus, means of livelihood, prostitution, crime, trade of eunuchs, private gatherings, death rituals and gender identity. The book also explores subjects, such as ambiguous genitalia, sex change surgeries and castration, in both text and photographic representations.


Life Of A Eunuch
An investigative and empathetic study of transgendered people in India, a socially and psychologically victimised community
Life Of A Eunuch
Dr Piyush Saxena
Foreword By A Mother

Responding to media after the release of his film
"... Aur Neha Nahin Bik Payee"

He has made a documentary film *...Aur Neha Nahin Bik Payee*, highlighting the tradition of bonded labour in eunuch community, their rituals, traditions and other aspects.

Dr Saxena is also the Founder Chairperson of **Salvation of Oppressed Eunuchs (SOOE)**, an NGO working for the cause of eunuchs and helping to integrate them into mainstream society. His trust SOOE is also a recipient of a Google Ad Grants award of 10,000 USD per month, as a result the site appears frequently on top in google search result.

Dr Saxena with members of the eunuch community

He has also filed a PIL (No. 01/12) in the High Court, Bombay which led to the following benefits to eunuchs:

- The subject of eunuchs was assigned to the Ministry of Social Justice & Empowerment (MoSJE).
- Lenient issuance of voter cards to eunuchs.
- Notification of Sex Re-assignment Surgery in Govt. hospitals by the Union Ministry of Health.
- A notification from the MoSJE seeking complaints from chela eunuchs against exploitation by Gurus, a step towards abolition of the century old *leti* tradition (a form of bonded labour).

Book 4 - 'Mysteries of Life' (To be released in 2018): This book delves into the often ignored subjects, such as Past Life Regression (PLR) , telepathy, aliens and other such mysteries of the world (see page 205).

Dr Saxena has a Master's degree in Reiki. He has also delved into PLR through hypnosis, and uses it to help people cure chronic problems related to health, fears, phobias or relationships. He has done more than 250 PLR sessions so far and all of his clients have reported considerable improvements. He has a long list of inquisitive patients, who often consult him about their problems as well as that of their family and friends.

Real to reel: with Aruna Irani and Manoj Tiwari in a movie

An independent and progressive film director, he has also performed in many TV serials, movies and dramas. He has performed in Ramleela and also recited poems at *Kavi-Sammelan*.

He enjoys the company of children and performs magic shows at birthday parties and schools/colleges, and also for mature audiences,

Performing as Parasuram in Ramleela in Mumbai

Reciting a poem in a *Kavi-Sammelan*

providing relief and entertainment to them from their monotonous routines. Dr Saxena does not charge any fee for any of the above activities. He does them purely for his own pleasure.

He is a teetotaller, non-vegetarian, fond of eating, enjoys cooking and specialises in north Indian delicacies.

Performing a magic show at Modern School, Lucknow

Dr Saxena is fond of travelling. He believes that travelling is a part of education.

He has travelled to all continents. He has visited USA, UK, Russia, France, Germany, Switzerland, Italy, Japan, Egypt, Australia, Belgium, Brazil, Argentina, Chile, Uruguay, Falkland Islands, Netherland, Hong Kong, Singapore, Thailand, Malaysia, Dubai, China, South Africa, Botswana, Kenya, Tanzania, Sri Lanka and North Korea (DPRK).

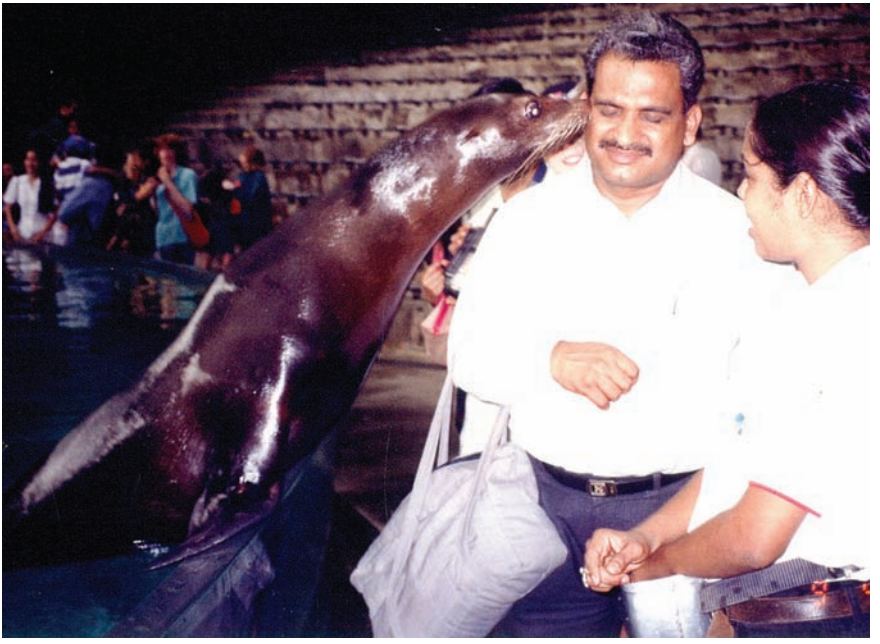
Seeking the blessings of His Excellency, Late Dr A P J Abdul Kalam

Enjoying the serenity at Mount Kailash

Dancing with Japanese children to an Indian tune in Tokyo

En route to Antarctica

Playing with a Cheetah in Botswana



A seal greets Dr Saxena in Australia

At the Wagah border in Pakistan

Free fall while skydiving in San Francisco, USA

At Yuri Gagarin Cosmonaut Training Center, Moscow

At Kumsusan Palace of the Sun in Pyongyang, North Korea

Entertaining as Santa Claus at a Christmas party for children

He had won Chess (1977) and Bridge (1978) tournaments in Amaranatha Jha hostel in his university days in Allahabad. He also won Runner's Up in the open category of Men's Squash Championship at Reliance Industries Limited in 2012. He is fond of adventure sports, such as sky diving, paragliding, white water rafting, trekking and hiking.

Daily morning session of Squash

All his articles, videos and books are available for free on his websites, drpiyushsaxena.com or thetempleofhealing.org.

About a century ago, no one had thought of transmission of audio and video signals through radio waves, which form the basis of most of our means of communications today, such as TV, radio, mobile telephony and internet. Delving into the mind of a person, to unearth the events in the past that have influenced or even played a causative role in many of his/her current problems, or perhaps open a window into the future, may seem like an impossibility today. But, when viewed in light of the fact that space travel probably belonged to the realm of science fiction at the turn of the 20th century, such feats may well be regular treatment in a few decades.

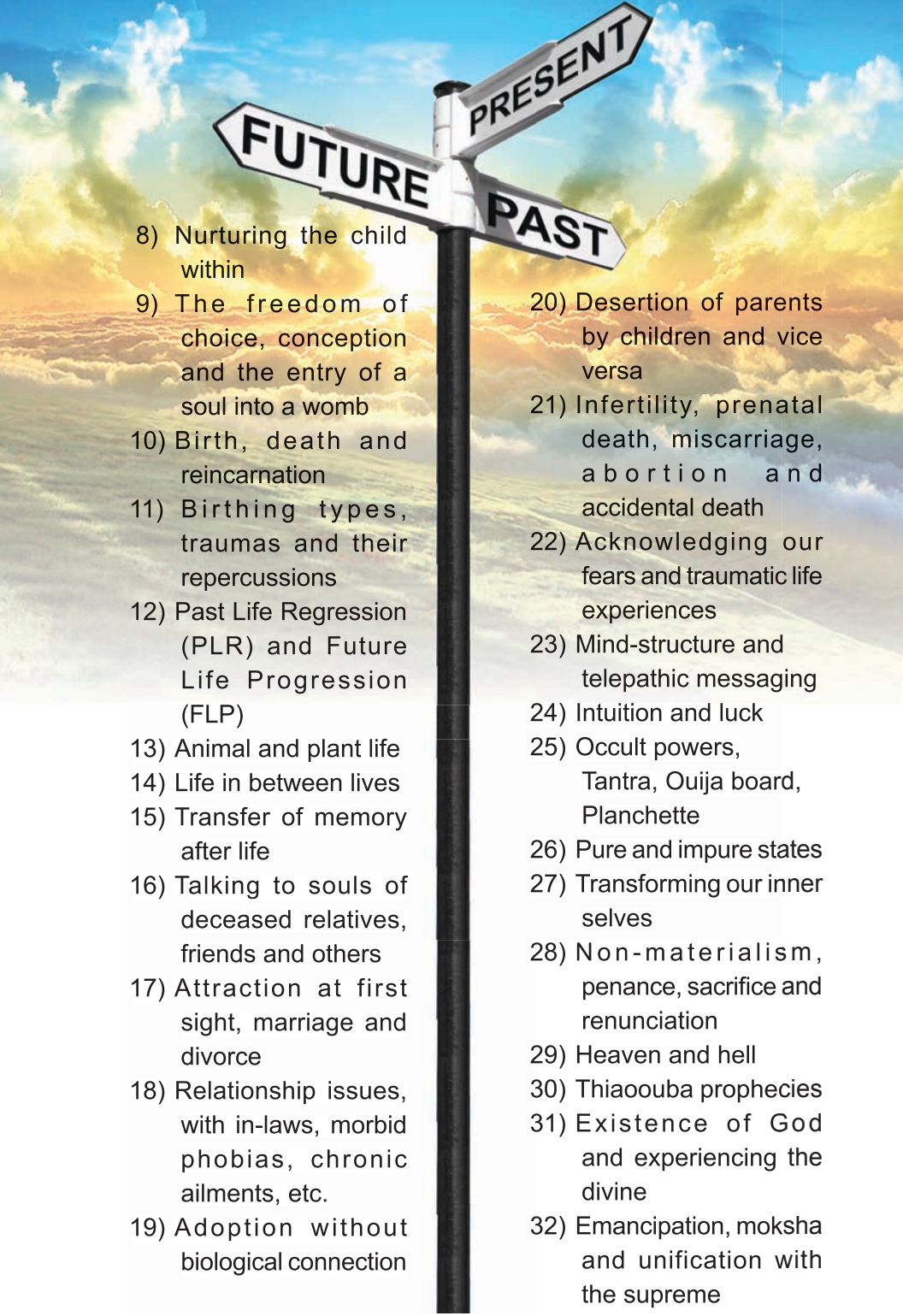
Dr Saxena's forthcoming book 'Mysteries of Life' will explore concepts of existence and describe, in detail, many issues that have always fascinated humanity, but have only recently garnered the attention and thought, necessary to unearth the answers.

The travails faced by an individual in his/her life are the result of choices made by the soul in its progress towards salvation. The soul enters the womb nearly four months and four days after conception. The progress of the foetus and the child, after

birth and later in life, depends on the choices made by the soul, so that suitable lessons can be learned during this lifetime. The knowledge, thus acquired, enables the soul to make progress. It is the prerogative of the soul to learn appropriate lessons and imbibe this learning in its progress towards salvation. Learning about the choices made by the soul and their repercussions, form an important part of understanding the reality faced by an individual. This enables him/her to understand the causality of events and face them with equanimity. The therapy of Past Life Regression (PLR) and Future Life Progression (FLP) is commonly used to unearth answers to many issues faced by an individual during his/her life.

The book will largely address the following issues:

1) Creation/destruction of life on planets
2) Life on other planets
3) Cosmic storms
4) The complete vibrant colour spectrum, in addition to the normally perceived VIBGYOR, which is not present in our solar system
5) Development cycles
6) The journey of souls through their ages, e.g., baby, young and old souls
7) Inner child archetypes



8) Nurturing the child within
9) The freedom of choice, conception and the entry of a soul into a womb
10) Birth, death and reincarnation
11) Birthing types, traumas and their repercussions
12) Past Life Regression (PLR) and Future Life Progression (FLP)
13) Animal and plant life
14) Life in between lives
15) Transfer of memory after life
16) Talking to souls of deceased relatives, friends and others
17) Attraction at first sight, marriage and divorce
18) Relationship issues, with in-laws, morbid phobias, chronic ailments, etc.
19) Adoption without biological connection
20) Desertion of parents by children and vice versa
21) Infertility, prenatal death, miscarriage, abortion and accidental death
22) Acknowledging our fears and traumatic life experiences
23) Mind-structure and telepathic messaging
24) Intuition and luck
25) Occult powers, Tantra, Ouija board, Planchette
26) Pure and impure states
27) Transforming our inner selves
28) Non-materialism, penance, sacrifice and renunciation
29) Heaven and hell
30) Thiaoouba prophecies
31) Existence of God and experiencing the divine
32) Emancipation, moksha and unification with the supreme

In some cases, individuals experience recurring multiple instances of the same problem, e.g., recurring nightmares about falling or objects/animals or dying. There are also numerous instances of manifestations of psychosomatic illnesses, for which there is no apparent cure, by way of conventional therapies. In such cases, the use of PLR and other techniques described in the book have been found to provide significant alleviation of the problem.

The book will include detailed information on practicing PLR or FLP. Information about the use of 'Ouija Board' and 'Planchette', and their role in deriving answers will also be included.

Meditation is often practiced for inner peace and harmony in modern times, though it was originally intended as a means of seeking evolution of the soul. A popular meditation practice is *Vipassana*, which involves focussing on body parts to achieve a state of deep trance. The author has undergone the course and the finer aspects will be included in the book for easy comprehension.

By following these guidelines, anybody can resolve many intransigent issues in their lives, without resorting to any specialised training. The purpose of the book will be to provide detailed answers to many of life's intransigent and seemingly intractable problems – the solutions to which lie within, rather than without.

Index

Absent period 164
Acid-base balance 23
Acidity 16, 151
Acne 16, 87, 88
Adhesions 174
Age and liver spots 87, 88
Ageing 2
Allergic dermatitis 6
Allergic rhinitis 6
Allergies 16, 86, 87, 88
Anaemia 16, 55
Anal itching 16
Anger/irritability 87, 88
Angina 108
Anxiety 16, 55
Apple cider vinegar 106, 159
Artery disease 6
Arthritis 16, 103
Asthma 16, 86, 151
Atheroscelerosis 161
Backache 16, 24
Bacteria 12, 58
Bacterial vaginosis 181
Bad breath 3, 147
Bed wetting 16, 28
Birth control recovery 164
Black molasses 106
Black patches below the eyes 9
Bladder infections 181
Bleeding from throat and intestine 9
Bloating 16, 55
Blocked fallopian tubes 164
Blood in stool 41
Blood in urine 24
Blood pressure 9
Body odour 3, 16
Body swelling 9
Bone density loss 87
Breast discomfort 16
Breast tenderness 87
Breathlessness 16
Brittle bones 9
Bronchial asthma 6
Bronchitis 16, 151
Burning sensation 41
Burns 16
Bypass 90
Calcium deficiency 31
Cancer 16
Cardiac arrest 90
Cardiovascular diseases 6
Carpal tunnel syndrome 62
Castor oil packs 167
Cervical mucous 164
Chest pains 55
Cholecystitis 75
Chronic cough/cold 16
Chronic fatigue 55
Chronic skin problems 151
Chronic sore throat 16
Cinnamon 158
Colitis 9, 50
Congenital tubal obstruction 174
Constipation 16, 45, 55
Coriander leaves 25
Corn silk 25
Cracked feet 151
Cramping 75

CRF (Chronic Renal Failure) 20
Cutaneous ulcers 55
Cysts 60
Degenerative disease 103
Delayed or early cycles 120
Density problems 40
Dental problems 16
Depression 16, 62, 87
Dermatitis 9
Detoxification 2
Diabetes 6, 16, 23, 76
Diarrhoea 9, 55, 84
Discolouration (staining) of teeth 9
Diverticulitis 109
Dry skin 87
Duodenal ulcer 42
Dust mites 6
Dyspepsia 37
Ectopic pregnancy 164
Eczema 55, 151
Electrolyte balance 23
Empty stomach 30
Endometriosis 162
Enema 143
Epsom salt 83, 106
Excretion 23
Extra virgin olive oil 83
Facial hair growth 87, 157
Fast heartbeat 55
Fatigue 16, 87
Feeling of being crazy 87
Fenugreek 158
Fertility issues in men 164
Fever 16
Fibrocystic breast 87
Fibroids 163
Fimbriae 174
Flatworms 54
Flu and cold 62
Frozen shoulder 16
FSH fertility 164
Fungal spores 6
Fungi 48, 58
Fungus 12
Gallstone 16, 75
Gallbladder stones 79
Gas 55
Gastric ulcer 42
Gestational diabetes 157
Giddiness 92
Gingivitis 147
Gonorrhea 181
Gout 16
Gynaecological issues 151
Hair loss 88
Headache 16, 42, 151
Headaches/migraines 88
Healing 43
Heart attacks 90
Heartburn 37
Heart problem 16, 151
Heavy bleeding 120, 157
Hepatitis and cholestatic jaundice 9
Hereditary diseases 23
Hernia 16
Herpes 181
High blood pressure 23
HIV/AIDS 16
Hives 55
Hot/cold flashes 88
Hot flashes 16
Hyperacidity 41

Hyperglycaemia 76
Hypertension 6
Impotence 16
Inability to lose weight 88
Increased bleeding 29
Indigestion 9
Infection 17
Infertility 16, 157
Inflammation 16, 55
Inflammation of kidneys 23
Insects 58
Insomnia 16, 88
Intestinal diseases 151
Irregular cycles 88
Irritable bowel syndrome 16
Itchy anus 55
Itchy dermatitis 55
IVF preparation 164
Joint pain 16, 151
Kidney cleanser 48
Kidney diseases 151
Kidney flush 48
Kidney problems 9
Kidney stones 16
Lack of sex drive 88
LDL cholesterol 16
Leg/muscle cramps 88
Leucorrhoea 16
Liver failure 9
Loose vagina 181
Loss of appetite 9
Low calcium level 16
Low libido 88
Low thyroid symptoms 88
Lunaception 160
Lung and liver problems 151
Magnesium sulphate 83
Marigold flowers 167
Memory loss 88
Menopausal problems 16, 88
Menstrual cramps 16
Menstrual cycle irregularities 157
Migraine 16, 62
Miscarriages 157
Mood disorders 118, 157
Mouth ulcers 148
Mud pack therapy 31
Multiple sclerosis 16
Muscle pain 16
Nausea 42
Nausea and vomiting 9
Negative thinking 16
Neurological disorders 16
Nose blocks 151
Nutritive deficiency 3
Obesity 16
Obstructive jaundice 75
Obstructive sleep apnea 118
Oestrogen 155
Old accident pain 16
Old age disorders 16
Oral thrush 148
Osteoarthritis 16, 118
Osteoporosis 16, 20
Ovarian cancer 155
Ovarian cysts 155
Ovarian failure 155
Ovarian torsion 155
Pain during sexual intercourse 157
Pale skin 3
Panic/weeping 88
Papilla lesions 55

Paralysis 16
Parkinson's disease 16
Parsley 25
Pelvic inflammatory disease 174
Pharyngitis 16
Piles 16
Pimples 16
Plaque 149
Pollutants 11
Pollution 11
Pre-Menstrual Symptoms 28
Progesterone 155
Prolapse of the uterus 163
Prostrate problems 28
Psoriasis 16, 62
Psychological fears/illness 16
Rashes 55
Restlessness 55
Retroversion of the uterus 164
Rheumatism 103
Scabies 62
Scanty periods 157
Scarring of kidneys 23
Scar tissue 174
Sciatica 88
Self fertility massage 175
Sensitivity 149
Sexual dysfunction 55
Skin problems 16
Skin rash 9
Sleep irregularity 16
Sleeplessness 9
Snoring 16
Sores 55
Spondylitis 16, 103
Stomach acid 39
Stomach pain 27
Stomach problems 151
Stress 16
Swelling 55
Swollen ankle/feet 88
Testosterone 155
Thyroid disorders 16
Tiredness 3, 16, 24
Tonsillitis 16
Tooth pain 149
Tumours 62
Type-2 diabetes 118
Ulcers 37, 151
Urinary tract infection 16, 23, 49
Urinary urgency 157
Urine incontinence 157
Uterine fibroids 16, 88
Vaginal disorders 16
Vaginal problems 88
Vaginal warts 181
Vaginismus 181
Vaginitis 181
Varicose veins 16
Vitamin D 23
Vitiligo 16
Warts 62
Water retention 88
Weight loss 41
White or yellow discharge 181
Worms 58
Yeast 48, 58

Several Bollywood celebrities, top bureaucrats and corporate professionals claim to owe their good health to Liver Cleanse and Cleansing Therapy. After experiencing its healing powers, a few celebrities even created a 7-episode talk show called *Apna Ilaaj Apne Haath* (available on YouTube) for the public at large.

Including those described in this book, Dr Piyush Saxena's website contains complete information on 28 different cleanses. Due to the website's (www.thetempleofhealing.org) popularity, Google has awarded Dr Saxena an Ad grant of 10,000 USD per month for its promotion (page 194). In addition, the Indian Council for Medical Research (ICMR) has recommended the therapy for further evaluation to Ministry of Ayush (page 188).

Dr Saxena neither charges any fee, nor promotes any product, nor accepts any donation.

Dr Saxena (second from left) at the launch of the talk show *Apna Ilaaj Apne Haath* on TV, along with actors Kunickaa Sadanand (page 190), Ashutosh Rana, Rakesh Bedi, Sambhavna Seth (page 189), Rahul Roy, Raju Srivastav and Rajendra Gupta.

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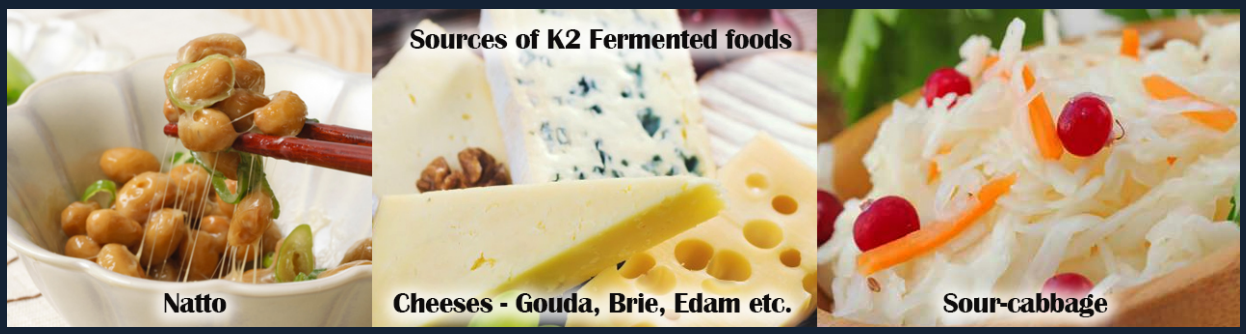
VITAMIN K2 – NEW INSIGHTS

Vitamin K2, a little-known super-nutrient that humans once thrived on and that has been ignored by scientists for almost 70 years. Really Vitamin K2 needs wider recognition and awareness. Vitamin K is named after the German word for blood clotting (koagulation). Scientists associate this vitamin with the process of blood clotting. However, there are two primary types of vitamin K, and they serve very different functions. Vitamin K1 is the primary form of vitamin K responsible for blood clotting, whereas vitamin K2 is essential for the health of arteries and blood vessels, bone strength, and plays a role in other biological processes as well, including tissue renewal, cell growth and cancer prevention.

In the 2014 paper, "Vitamin K: An old vitamin in a new perspective," vitamin D expert Dr. Michael Holick review the history of vitamin K and its many benefits, including its significance for skeletal and cardiovascular health.

The difference between vitamins K1 and K2 was first established in the Rotterdam Study, published in 2004. A variety of foods were measured for vitamin K content, and vitamin K1 is found to be present in high amounts in green leafy vegetables, such as spinach, kale, broccoli, and cabbage. Vitamin K2, on the other hand, is only present in fermented foods. It's produced by certain bacteria during the fermentation process. Interestingly, while the K1 in vegetables is poorly absorbed, virtually all of the K2 in fermented foods is readily available to your body.

Food sources of Vitamin K2



Certain microorganisms can convert K1 into K2. A great example is Bacillus natto which can convert K1 into K2 and it is often used in the production of

fermented soy products, like natto. Examples of foods high in vitamin K2 include raw dairy products such as certain cheeses, raw butter, and kefir, as well as **natto** (a fermented soy product) and fermented vegetables like **Sour-cabbage**.

But there is one problem. We Indians can not eat a lot of natto. And so consuming Sour-cabbage and other fermented vegetables is a more pleasant way for getting K2. Besides that, the main quantity of vitamin K2 comes from the gut flora.

However, not every strain of bacteria makes K2, so not all fermented foods will contain it. Most commercial yogurts are virtually devoid of vitamin K2, and while certain types of cheeses such as Gouda, Brie, and Edam are high in K2, others are not. It really depends on the specific bacteria present during the fermentation.

Two main Categories of Vitamin K2

Vitamin K2 (a fat-soluble vitamin) can be broken into two additional categories, called:

MK-4 (menaquinone-4), a short-chain form (a type of fat) of vitamin K2 found in butter, egg yolks, and animal-based foods. Short chain fats are often liquid at room temperature. Avoid this in supplemental form, as it's only available in synthetic form. MK-4 also has a very short biological half-life - about one hour - making it a poor candidate as a dietary supplement.

MK-7 (menaquinone-7), longer-chain forms. These are fats that are solid at room temperature) and found in fermented foods. There's a variety of these long-chain forms but the most common one is MK-7. This is the one you'll want to look for in supplements, as this form is extracted from real food, specifically natto. You could actually get loads of MK-7 from consuming natto, which is relatively inexpensive and available in most east Asian food markets. The MK-7, which forms in the fermentation process, has two major advantages. It stays in your body longer, and has a longer half-life, which means you can just take it once a day in very convenient dosing. Research has shown MK-7 helps prevent inflammation by inhibiting pro-inflammatory markers produced by white blood cells called monocytes.

Health Effects of Vitamin K2 Deficiency

Vitamin K2 is an important adjunct to vitamin D, without which vitamin D cannot work properly. K2's biological action is also impaired by a lack of vitamin D, so you really need to consume these two nutrients together.

This means that if you take high doses of oral vitamin D you need to remember to also increase your vitamin K2 intake from either food or a MK-7 supplement. Failing to do so could cause harm, as without K2, your body will not be able to complete the transport of calcium into the proper areas, and arterial calcification could set in.

If you get your vitamin D primarily from sun exposure then this issue is largely avoided, as your body is then able to regulate its vitamin D production. You simply cannot overdose on vitamin D from sun exposure.

Vitamins D and K2 also work synergistically with magnesium and calcium, so this quartet should ideally be taken in combination. Unfortunately, most people are deficient in both vitamins D and K, and magnesium insufficiency is also common.

At least 50 percent of the general population is at risk of vitamin D deficiency, and as many as 97 percent may be lacking in vitamin K2. This could very well be due to the fact that we stopped eating fermented foods with the advent of refrigeration and other food processing techniques.

While you likely get sufficient amounts of vitamin K from your diet to maintain adequate blood clotting, you're probably not getting enough to protect you from a variety of other health problems that are more specifically associated with vitamin K2, such as:

- Arterial calcification and cardiovascular disease
- Osteoporosis
- Leukemia and cancer of the lung, prostate, and liver
- Neurological deficiencies, including dementia
- Infectious diseases such as pneumonia

Beware: Statins May Deplete Vitamin K2

Statins are a group of drugs that act to reduce levels of fats, including cholesterol in the blood. Besides a vitamin K2-poor diet, certain drugs may affect your vitamin K2 status. Research published in the Journal of the American College of Cardiology suggests statin drugs may increase calcification in the arteries, and other research shows that statins deplete vitamin K2.

You may be aware that statin users need to take CoQ10 (or ubiquinol) as the drug depletes this nutrient, but they may also need vitamin K2 in order to avoid the cardiovascular risks associated with statins.

Cardiovascular Health

In the 1980s, it was discovered that vitamin K is needed to activate the protein **osteocalcin**, which is found in your bone. A decade or so later, another vitamin K-dependent protein was discovered: **matrix Gla protein (MGP)**, found in your vascular (heart) system.

Without vitamin K, these and other vitamin K-dependent proteins remain inactivated, and cannot perform their biological functions. Another important finding was that MGP strongly inhibits calcification. When MGP remains inactivated, you end up with serious arterial calcifications, and this is why vitamin K is so crucial for cardiovascular health. Evidence suggests vitamin K can even reverse arterial calcification induced by vitamin K deficiency.

Vitamin K2 also helps prevent arterial calcification by shuttling calcium away from areas where it shouldn't be (in the lining of your blood vessels) to where it's really needed (such as in your bone). In the Rotterdam Study, which ran for 10 years, those who consumed the greatest amounts of K2 had the lowest risk of cardiovascular disease, cardiovascular calcification, and the lowest chance of dying from cardiovascular disease.

People who consumed 45 mcg of K2 daily lived seven years longer than people getting 12 mcg per day. This was a profound discovery, because such a correlation did not exist for K1 intake.

More recently, a study published in a medical journal, found that MK-7 supplementation improved arterial stiffness in otherwise healthy postmenopausal women. This study has been lauded as significant because while previous studies have only been able to show an association, this is the first to confirm that long-term use of vitamin K2 in the form of MK-7 does result in improved cardiovascular health.

Osteoporosis Prevention

As mentioned, vitamin K2 also plays a crucial role in bone health, and may be critical for the prevention of osteoporosis. Osteocalcin is a protein produced by your osteoblasts (cells responsible for bone formation), and is utilized within the bone as an integral part of the bone-forming process. However, osteocalcin must be “carboxylated” before it can be effective. Vitamin K functions as a cofactor for the enzyme that catalyzes (allows) the carboxylation of osteocalcin. A number of Japanese trials have shown that vitamin K2 completely reverses bone loss and in some cases even increases bone mass in people with osteoporosis.

Pregnancy

Vitamin K2 also plays an important role throughout pregnancy and during breastfeeding for the healthy growth of the child. Not only does it affect the development of both primary and adult teeth; it also helps develop proper facial form and strong bones. During childhood, vitamin K2 helps prevent cavities. It may be particularly important during the third trimester, as most women’s levels tend to drop at that time, indicating there’s an additional drain on the system toward the end of the pregnancy. Since there are no reported cases of overdose of vitamin K2, it may be advised to double or even triple your intake while pregnant.

Cancer prevention and treatment: Vitamin K2 has been shown to be a **natural cancer fighter** and effective in reducing the risk of prostate, colon, stomach, nasal and oral cancers. One study even found that high doses of vitamin K2 helped patients with liver cancer stabilize and even improve their liver function. The evidence also suggests vitamin K2 may reduce the risk for a type of lymphoma (cancer of the lymph nodes). Highest intake of vitamin K2 has a 45 percent lower risk for this type of cancer. They attribute this effect to Vitamin K2's ability to inhibit inflammatory cytokines, which are related to this type of lymphoma, and its role in the life cycle of your cells.

Other health benefits:

- Vitamin K2 has anti-inflammatory, anti-oxidative, and anticarcinogenic properties, and MK-7 may offer benefits for type 2 diabetes, cancer and age-related macular degeneration in the eyes
- Rheumatoid arthritis (RA)
- Parkinson's disease

Are You Getting Enough Vitamin K?

Clearly, you want both vitamin K1 and K2, but you're virtually guaranteed to not get enough K2 from your diet unless you eat the proper fermented foods. For a clinically useful dosage of vitamin K2, a general guideline is around 180-200 mcg of vitamin K2 per day. You can obtain healthy amounts (about 200 mcg) of K2 by eating 15 grams of natto each day or sour-cabbage.

If you opt for a vitamin K2 supplement, make sure it's MK-7 (Tab Mena D). Also remember to take it with fat since it's fat-soluble and won't be absorbed otherwise. Fortunately, you don't need to worry about overdosing on K2, as it appears to be completely non-toxic.

As a last tip, keep in mind that its internal workings are such that you're not likely to feel the difference physically and feel better. Compliance can therefore be a problem, as people are more likely to take something that has a noticeable effect. This may not happen with vitamin K2, but that certainly does not mean it's not doing anything.

Research on Flaxsead

Flax Council of Canada

FLAX AND THE LOW-CARBOHYDRATE DIET

Introduction

Millions of people have chosen low-carbohydrate diets for rapid weight loss. As a result, the eating patterns of one in five households have changed. Sales of carbohydrate-rich foods like rice, pasta, potatoes and orange juice dropped between 4% and 8% in 2003, while sales of high-protein, low-carbohydrate foods like meat snacks, cheese and nuts increased 4% to 9%. The United States and Canada led the world in introducing new low-carbohydrate foods in early 2004 – the United States with 661 and Canada with 49 new low-carbohydrate food products.[1]

While nutrition experts continue to debate the merits of these diets, consumers are asking a question about flax: What benefits does flax offer to consumers of low-carbohydrate diets? Plenty, as it turns out. The health benefits that make flax good in regular diets make it good in low-carbohydrate diets. Here are six reasons to add flax to low-carbohydrate diets.

Six Reasons to Add Flax to Low-carbohydrate Diets

1. Flax Is Low in Digestible Carbohydrates

Low-carbohydrate diets count only the "digestible" or "available" carbohydrates like simple sugars and starch in food. These carbohydrates are digested and absorbed by the body. They supply energy to the brain, organs and muscles. By comparison, dietary fibre – what our grandparents commonly called roughage – resists being digested by bacteria in the gut and helps keep the gut working properly.

Table 1. Nutrient Content of Flax[a]

Nutrient	*Ground Flax (1 tbsp)*	*Flax Oil (1 tbsp)*
Total calories (kcal)	36	124
Total carbohydrate (g)	2.3	—
Available carbohydrate (g)	0.1	—
Total dietary fibre (g)	2.2	—
Total fat (g)	3.3	14
Saturated fat (g)	0.3	1.3
Omega-3 fat (g)	1.8[b]	8.0
Omega-6 fat (g)	0.5	2.2
Omega-6/omega-3 ratio	0.3:1	0.3:1

[a] *Source: Flax–A Health and Nutrition Primer. Winnipeg, MB: Flax Council of Canada, 2003.*

[b] *Omega-3 fat = alpha-linolenic acid (ALA).*

The Atkins diet is a popular low-carbohydrate diet. It allows 20 g of "digestible carbs" per day during the early weight-loss phase and 60-90 g daily during weight maintenance.[2] Similarly, the Zone diet calls for a carbohydrate intake of about 70 g to 105 g daily.[3] Flax is very low in available carbohydrates. Because one tablespoon of ground flax contains only 0.1 g of available carbohydrate, flax fits in the low-carbohydrate diet.

2. Flax Is a Low GI Food

The glycemic index (GI) is a scale that rates carbohydrate-rich foods based on how much they raise blood glucose compared with a standard food. Foods rated high on the GI scale, like boiled potatoes and puffed rice cakes, are quickly digested and absorbed, causing blood glucose and insulin levels to rise quickly. Lower GI foods like chickpea hummus and beans, take longer to be digested and absorbed and cause blood glucose and insulin levels to rise slowly.

Low-carbohydrate diets limit the intake of high GI foods but allow for a few low GI foods. Small portions of low GI foods like vegetables, beans, nuts and some fruits are included in low-carbohydrate diets. Because flax is low in available carbohydrate, it would be expected to have a low GI value like meat, poultry, fish, cheese, eggs, avocados and salad vegetables, which also contain little or no carbohydrate.[4]

3. Flax Is a Good Source of Dietary Fibre

One criticism of low-carbohydrate diets is their low dietary fibre content. Indeed, the typical daily menu for the Atkins diet plan provides about 11 g of dietary fibre per day,[2] as shown in Table 2. This intake is roughly one-third to one-half of the recommended intake for adults.[5] Ground flax contains 2.2 g of dietary fibre per tablespoon and can add a significant amount of dietary fibre to low-carbohydrate diets.

Table 2. Nutrient Value of a Sample Menu from the Atkin's Diet Plan[a]

Total calories (kcal)	1942
Atkins digestible carbohydrate (g)	25
Dietary fibre (g)	11
Total fat (g)	122
Saturated fat (g)	27
Omega-3 fat (g)	2
Omega-6 fat (g)	31
Omega-6/omega-3 ratio	16:1

[a] *Source: Atkins RC. Dr. Atkins' New Diet Revolution. New York: HarperCollins, 2002, pp. 71-72 (menu plan) and pp. 492-502 (digestible carbohydrate values). Nutrient values, except for Atkins' digestible carbohydrate, were calculated using the U.S. Department of Agriculture's Nutrient Database, available at www.usda.gov/fnic/foodcomp.*

4. Flax Is Low in Saturated Fat

Because low-carbohydrate diets include ample portions of meat, poultry, eggs, dairy products and other animal foods, they are rich in saturated fat. Two studies – one in 53 healthy, obese women[6] and one in 10 normal weight men[7] – found significant increases in saturated fat intakes when volunteers ate a low-carbohydrate diet. In a typical Atkins diet, a daily meal plan might provide as much as 27 g of saturated fat obtained mainly from animal foods and salad dressings.[2]

Flax is low in saturated fat. One tablespoon of ground flax provides 0.3 g of saturated fat. One tablespoon of flax oil provides 1.3 g of saturated fat. Adding a little flax to a low-carbohydrate diet will not increase saturated fat intake appreciably.

5. Flax Is Rich in Omega-3 Fats

People who follow low-carbohydrate diets can get the recommended amount of omega-3 fats, even if their diet is based on beef, pork and chicken. For example, the Atkins sample menu plan provides a typical intake of about 2 grams of omega-3 fat. The recommended intake of omega-3 fat is 1.1 g daily for women and 1.6 g daily for men.[5]

Some experts believe the recommended intake is too low to achieve the health benefits linked with omega-3 fats. Adding flax to the diet is an easy way to increase omega-3 fat intake. One tablespoon of ground flax provides 1.8 g of omega-3 fat. One tablespoon of flax oil provides 8 g of omega-3 fat. An adult can get the full daily recommended amount of omega-3 fat from 1 tablespoon of ground flax or 1 teaspoon of flax oil.

6. Flax Improves the Omega-6/Omega-3 Ratio

Even though omega-6 and omega-3 fats are both important to good health, many North Americans eat diets that are too rich in omega-6 fats and low in omega-3 fats. The omega-6/omega-3 ratio of these unbalanced diets is often greater than 10:1 – meaning the diet contains 10 times more omega-6 fats than omega-3 fats. For some people, the ratio may be greater than 20:1. The recommended omega-6/omega-3 ratio is between 4:1 and 10:1.[8]

Adding flax to the diet improves the omega-6/omega-3 ratio. The typical Atkins diet plan has an omega-6/omega-3 ratio of 16:1, as shown in Table 2. Adding 1 tablespoon of ground flax daily to the Atkins diet nearly doubles the omega-3 fat intake and moves the omega-6/omega-3 ratio down to about 8:1 – well within the recommended range.

Go with Flax

The jury is still out on the safety and effectiveness of low-carbohydrate diets. Significant weight loss has been reported among obese volunteers on low-carbohydrate diets, but the outcome may have been due more to decreased caloric intake and diet duration than to the diet's carbohydrate content.[9] Low-carbohydrate diets appear to achieve greater short-term (six months), but not long-term weight loss (12 months).[10] What's needed now is more evidence showing that low-carbohydrate diets are safe and help people keep excess weight off in the long-term. Regardless of the carbohydrate content of the diet, there are good reasons to eat flax.

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New FLAX FACTS

OMEGA-3 FATS IN FLAX AND FISH ARE SIMILAR IN MANY WAYS

by Dr. Diane H. Morris

Introduction

Consumers want to know: Are the omega-3 fats in fish the same as those found in flax? The answer is that omega-3 fats are like siblings – they are alike in some ways and different in others.

What Are the Major Omega-3 Fats?

Alpha-linolenic acid (ALA) is the essential omega-3 fat. The word "essential" means that we must eat ALA in our diets because our bodies cannot make it. In other words, ALA is an essential nutrient just like vitamin C and calcium. The human body needs ALA to be healthy. Two other omega-3 fats are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). EPA and DHA are vital for health, but they are not strictly "essential" because our bodies make them from ALA. In one study, for instance, the blood level of EPA increased 60% when 56 African-American adults with chronic illness consumed 3 grams of ALA daily for 12 weeks. The source of ALA in this study was flax oil capsules.[1]

Which Foods Are Rich in Omega-3 Fats?

Omega-3 fats are found in a variety of foods. Plants, fish, and omega-3-enriched eggs and dairy products are the main sources of these important fats.

ALA

ALA is found mainly in flax seeds and walnuts and in plant oils like flax, canola and soybean oils. Flax seeds and flax oil are the richest sources of ALA in the North American diet.[2] Flax-based omega-3-enriched eggs and dairy products enriched with flax oil, along with some fish like Atlantic salmon and canned sardine, are good sources of ALA. Small amounts of ALA can be found in cereals, breads, bagels, spaghetti, energy bars and cookies made with added flax. Beef, pork and chicken also contain small amounts of ALA.

EPA and DHA

EPA and DHA are found mainly in fatty fish like herring, salmon, mackerel and bluefin tuna and the fish oil supplements made from them. White fish like haddock, cod, flounder, sole and orange roughy, along with the fried fish fillets made from these white fish, contain small amounts of EPA and DHA.

Algae are rich sources of DHA, but contain little EPA. Plants do not contain EPA and DHA.

Nutrient Content Claims for Omega-3 Fats

Canada and the United States allow food processors to identify foods that are good sources of omega-3 fats. In Canada, the nutrition label can state that a food like novel pork meat (derived from pigs fed a ration enriched with flax) is a "source of omega-3 fat".[3,4] In the United States, flax oil, flax seeds, and flax-based omega-3-enriched eggs and some dairy products qualify for a label claim as a "high" source of ALA omega-3 fat.[5] (See Table 1 below.) White fish like haddock and cod do not qualify for a label claim because they are relatively low in omega-3 fat.

Table 1

Foods Qualifying for a Label Claim of "High" Source of Omega-3 Fats, Ranked by Omega-3 Fat Content[a,b]

OMEGA-3 FAT CONTENT PER REFERENCE AMOUNT[c]

ALA	EPA	DHA
Flax oil	Herring	Salmon, Atlantic, wild
Flax seeds	Salmon, coho, wild	Tuna, bluefin
Walnuts	Mackerel	Herring
Walnut oil	Salmon, Atlantic, wild	Salmon, coho, wild
Canola oil	Tuna, bluefin	Striped bass
Soybean oil	Sardine, canned in oil	Mackerel
Flax-based omega-3 enriched egg[d]	Menhaden oil capsules[e]	Sea bass
Atlantic salmon	Shark	Shark
Sardine, canned in oil	Striped bass	Sardine, canned in oil
	Sea bass	Menhaden oil capsules
		Omega-3 enriched egg[f]

[a] Source: O'Flaherty MJ (5).
[b] Omega-3 fat content ranked from highest to lowest within each column, based on grams of fatty acid per reference amount of food. Values are for cooked fish. Sources of data: flax, flax oil and omega-3 enriched eggs (2); all other foods – U.S. Department of Agriculture, Nutrient Database for Standard Reference, Release 18, available at www.ars.usda.gov/nutrientdata.
[c] Reference amount = the amount customarily consumed. For fats and oils like flax oil, the reference amount is 1 tablespoon.
[d] Flax-based omega-3 enriched eggs are derived from laying hens fed flax.
[e] Values are for 2 capsules; data obtained from www.fishoilcapsules.com.
[f] Omega-3 enriched eggs are derived from laying hens fed a variety of feed supplements.

Do All Omega-3 Fats Have the Same Health Benefits?

Just like siblings, omega-3 fats are alike in some ways and different in others. ALA, EPA and DHA are alike in keeping the body's cell membranes flexible and elastic to help cells work properly, and they block the actions of some compounds that cause inflammation.[6] Chronic diseases like heart disease, diabetes, cancer and arthritis are marked by inflammation. Omega-3 fats help reduce chronic disease risk by blocking inflammation.

In a clinical study involving adults with moderate high blood cholesterol, eating a diet rich in ALA from walnuts, walnut oil and flax oil reduced the blood level of one marker of inflammation by 75%.[7] In the Nurses' Health Study, the greater the ALA intake, the lower the concentration of the inflammatory markers in

the blood.[8] These findings suggest that ALA helps reduce inflammation and thereby lowers chronic disease risk.

DHA is unique in its health effects. Because it helps the eye, brain and nervous system develop properly, infants have a special need for DHA. Aging adults may need DHA, too. A study of 815 elderly people living in Chicago found that those with the highest DHA intake had the most protection against Alzheimer Disease.[9]

Why Eat Flax?

Flax seeds are a rich source of ALA, lignans and dietary fibre. Lignans are phytoestrogens – plant compounds that can have estrogen-like actions in animals and humans. Through the actions of the lignans and ALA, flax blocks tumour growth in animals and may help reduce cancer risk in humans.[2]

Flax lowers blood cholesterol levels and helps reduce the risk of heart attacks and stroke, partly through the actions of ALA.[10] ALA may be especially important to vegetarians and people with low intakes of fatty fish. Findings from the Health Professionals Follow-up Study of 45,722 men indicated that each one gram of ALA in the daily diet was associated with a 47% lower risk of heart disease among men with low intakes of EPA and DHA (< 100 mg per day).[11] Eating flax every day increases the daily ALA intake.

Flax dietary fibre promotes laxation and helps the bowel work properly. The pleasant, nutty taste of flax makes it an ideal addition to hot and cold cereals, fruit smoothies, cookies and other baked goods, meatloaf, pasta and soup.

Looking for flax lignans and dietary fibre?

Lignans are found in the fibre fraction of the flax seed. For this reason, flax oil does not naturally contain lignans, although some processors add purified lignans to the oil to enhance its nutritional value.

Flax seeds, but not flax oil, are a good source of dietary fibre. One tablespoon of whole flax seeds contains as much total dietary fibre as 1/2 cup of cooked oat bran. One tablespoon of milled flax contains as much total dietary fibre as 1 slice of whole wheat bread; 1/3 cup of cooked, chopped broccoli; 1/3 cup of cooked pearled barley; 1/2 cup of cooked, long-grain brown rice; or 1/4 cup of cooked oat bran.[16]

Why Eat Fish?

Fish is valued for its high-quality protein and nutrient content, including omega-3 fats. Populations with high fish intakes, like the Japanese and Inuit, have low rates of some chronic diseases like heart disease.[12]

Is it safe to eat fish? Federal health agencies in Canada[13] and the United States[14] conclude that the benefits of eating fish outweigh concerns about traces of mercury in fish. However, both countries advise pregnant and nursing women, women who may become pregnant and young children to avoid eating certain fish.

What about fish oil supplements? Fish oil capsules are the most concentrated form of omega-3 fats, but they may contain polychlorinated biphenyls (PCBs). PCBs are chemicals used in industrial processes and may cause cancer in humans. Consumers who follow the label recommendation on some fish oil supplements can take in up to 43% of the daily upper limit of PCBs. Consumers who take fish oil capsules and eat PCB-contaminated fish may increase their risk of PCB toxicity.[15] Besides safety, the main factors to consider are price, convenience, dietary preference and tolerance of a fishy aftertaste experienced with some fish oil capsules.

Flax and Fish – Both Offer Good Nutrition

Flax is rich in ALA, the essential omega-3 fat, and contains dietary fibre and lignans. Fish contain high-quality protein and omega-3 fats. Fatty fish are rich in DHA. Both flax and fish contain important nutrients and belong in a healthy eating plan.

One key difference is sustainability. Flax is a sustainable crop. Fish may not be. Today's North American consumers can eat fish when they want to – a situation that may change in the coming years if the global demand for fish continues. The pressures on global fish stocks may eventually force the global community to ration the world's ocean fish. For the time being, consumers can enjoy both.

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New FLAX FACTS

FLAX – A SMART CHOICE

by Dr. Diane H. Morris

Humans have been eating flax for thousands of years. Flax is a founding crop, being one of the first domesticated plants. Its cultivation likely began in the fertile valleys of the so-called Fertile Crescent in Mesopotamia about 8,000 to 10,000 years ago. Flax was valued in Ancient and Early Modern times as both a food and medicine.[1]

Today, consumers turn to flax for its pleasant, nutty flavour and many health benefits. Clinical and large-scale population studies show that flax improves laxation, lowers blood cholesterol, aids in blood glucose control, and blocks inflammation.[2] Because it has an anti-inflammatory effect,[3,4] eating flax regularly may help prevent and treat chronic diseases in which inflammation plays a role – chronic diseases like heart disease, stroke, diabetes, cancer, obesity, the metabolic syndrome, and Alzheimer disease. Here are good reasons to eat flax.

Major Nutritional Components of Flax

The major nutritional components of flax are oil (fat), protein, and dietary fibre, as shown in Table 1. Milled flax provides about 36 kcal/tbsp. Flax oil provides about 124 kcal/tbsp. Ground flax is very low in carbohydrates (sugars and starches), providing only 0.1 g/tbsp – one reason why flax is popular with people following a high-protein, low-carbohydrate weight-loss diet.[2]

TABLE 1
Composition of Flax As a Food

Fat[a]	41%
Total dietary fibre	28%
Protein	20%
Moisture	7%
Ash	4%

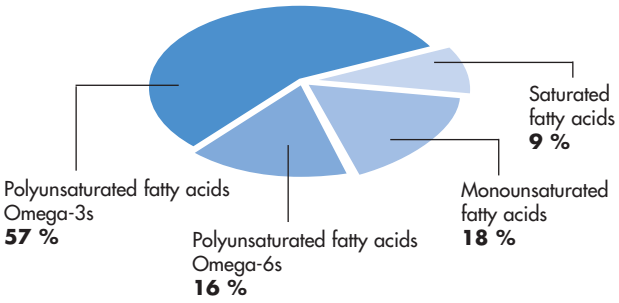
[a]Analysed by the American Oil Chemists' Society's (AOCS) Official Method Am 2-93, which is based on the Federation of Oils, Seeds and Fats Associations Ltd. (FOSFA) Official Method. The American Organization of Analytical Chemists (AOAC) Method 996.06 will produce a lower fat content.

Additional information about the nutrient content of flax, including its vitamin and mineral content and amino acid profile, can be found in the Flax Council of Canada's book, *Flax – A Health and Nutrition Primer*. The book is available in PDF format on the Council's website at **www.flaxcouncil.ca**

A Unique Mix of Fatty Acids

Flax is naturally low in saturated fat and has a moderate amount of monounsaturated fat (see Figure 1). Most of the fatty acids in flax are polyunsaturated. Flax is particularly rich in alpha-linolenic acid (ALA), the essential omega-3 fatty acid. As little as one tbsp of ground flax provides 1.8 g ALA, more than enough to meet the daily recommended intake for this nutrient.[5]

FIGURE 1
Fatty Acid Composition of Flax Oil


Saturated fatty acids 9 %
Monounsaturated fatty acids 18 %
Polyunsaturated fatty acids Omega-6s 16 %
Polyunsaturated fatty acids Omega-3s 57 %

A Low Omega-6/Omega-3 Fatty Acid Ratio

Because of its high ALA content, flax has an omega-6/omega-3 fatty acid ratio of 0.3:1. Consuming flax, flax products, and omega-3 enriched eggs derived from hens fed flax or other similarly enhanced foods increases the omega-3 fatty acid content of the diet and improves the dietary omega-6/omega-3 fatty acid ratio. Consumers are advised to increase their omega-3 fat intake because the typical Western-type diet is high in omega-6 fats and low in omega-3 fats compared with the Paleolithic diet on which humans evolved.[6] Eating less omega-6 fats and more omega-3 fats may help lower the risk of chronic diseases like heart disease, stroke, and cancer.

Essential Fatty Acids

Flax contains two essential fatty acids (EFAs) – alpha-linolenic acid (ALA), the parent fatty acid of the omega-3 family, and linoleic acid (LA), the parent fatty acid of the omega-6 family. EFAs are required for maintaining the structure of cell membranes and the health of the skin, and they are involved in cholesterol transport and metabolism. EFAs can be converted to compounds called eicosanoids, which play a role in inflammatory reactions.[2]

Lignans

Lignans are both antioxidants and phytoestrogens. Antioxidants are compounds that work to keep oxygen from reacting with and damaging proteins, fats and other compounds in our tissues. Phytoestrogens are

compounds found in plants that can have weak estrogen activity in animals and humans.

The main lignan in flax is secoisolariciresinol diglycoside (SDG). The SDG found in flax and other foods is converted by bacteria in the gut to the lignans found in humans and other mammals – enterodiol and enterolactone.

The level of enterodiol and enterolactone in blood and urine reflects the lignan content of the diet. In one study of nine healthy young women, for example, eating milled flax for seven days produced significant increases in the plasma and urinary concentrations of enterolactone and enterodiol.[7]

Lignans protect against cancer by blocking certain enzymes involved in hormone metabolism and interfering with the growth and spread (metastasis) of tumour cells.[8,9] Indeed, populations with high intakes of lignans, antioxidants and phytoestrogens from fruits, vegetables, nuts and whole grains have low rates of cancer of the ovaries[10,11] and the Gastrointestinal (GI) tract – including cancer of the mouth, esophagus, stomach, colon and rectum[12-18] – compared with those who have low intakes of these foods.[19]

In addition to having anticancer effects, a new study suggests that postmenopausal women who have a high intake of lignans perform better on tests of memory than women with low intakes. The intake of lignans, but not isoflavones (found in soy products, beans, peas, nuts), was related to better cognitive function in this study.[20]

Other Phytochemicals

Flax contains several phytochemicals. ("Phyto" means "plant.") In addition to the lignans, which are abundant in flax, flax contains phenolic acids, cinnamic acids, flavonoids, and lignins. These compounds are antioxidants and affect cell growth and viability – actions that may increase their potential use as agents which protect against cancer and heart disease.[21,22]

Dietary Fibre

Flax is a source of dietary fibre, providing about 2.2 g/tbsp of ground flax. It contains both insoluble and soluble fibre. Insoluble fibre helps improve laxation and prevent constipation, mainly by increasing fecal bulk and reducing bowel transit time.[13] In a recent study of elderly residents in a long-term care facility, adding 1 tbsp of milled flax to the daily diet resulted in a 32% increase in bowel frequency by the end of the 4-month intervention. The use of suppositories decreased 50% in this population over the course of the study.[23]

The water-soluble fibre fraction of flax makes up about one-third of total dietary fibre. The main soluble fibre in flax is mucilage gum. Water-soluble fibre helps maintain blood glucose levels and lower blood cholesterol levels.[2]

North Americans are advised to eat more fibre-rich foods,[24,25] as diets rich in fibre appear to protect against cancers of the GI tract and the lung. A protective effect of fibre-rich diets for cancers of the breast and prostate has not been established conclusively. Even so, diets rich in fibre from fruits, vegetables, and whole grains are less likely to promote obesity – itself a risk factor for cancer – because these foods tend to be low in fat.[13,26]

It Tastes Good, Too!

Flax is rich in ALA, the essential omega-3 fat; lignans, which are phytoestrogens and antioxidants; and dietary fibre, which helps maintain bowel function. Just as important as its nutrient content is its taste – flax has a mild, nutty flavour. It can be mixed into salads, soups, stews, chilies, hamburgers, vinaigrettes, hot and cold cereals, fruit smoothies, cookies, muffins and bread dough. Indeed, it can be added to just about any recipe!

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New FLAX FACTS

OMEGA-3 FATS ARE ESSENTIAL FOR INFANTS

by Dr. Diane H. Morris

Infants have a high requirement for essential fats. During pregnancy, the mother's diet is the source of essential fats for the developing fetus. After birth, breast milk or infant formula supplies a variety of essential fats for newborn growth.[1]

Essential Fats for Infants

Two families of fats – the omega-3 family and the omega-6 family – are vital for people of all ages, including infants. Alpha-linolenic acid (ALA) is the parent compound of the omega-3 family. ALA is essential in our diets because the human body cannot make it. The human body can convert ALA to the long-chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

The parent compound of the omega-6 family is linoleic acid. Like its cousin (ALA), linoleic acid is essential for infants and adults because it cannot be made in the human body. Linoleic acid can be converted to a long-chain omega-6 fatty acid that goes by the tongue-twisting name of arachidonic acid.

Although all of these omega-3 and omega-6 fats are important in human nutrition, infants have a unique need for two of them – DHA and arachidonic acid. It is not clear whether ALA has a unique role in infant nutrition, other than its recognized role in preventing an omega-3 fatty acid deficiency.[2] The uncertainty about ALA's unique contribution to infant health may have arisen because most clinical research over the past decade has focused on understanding the unique role of DHA in infant nutrition.

ALA in Infant Nutrition

- ALA is the essential omega-3 fatty acid, being required in our diets because our bodies cannot make it.
- Infants need ALA to grow and develop properly.
- ALA is the main omega-3 fatty acid in human breast milk.
- A unique role for ALA in infant nutrition, other than being needed to prevent an omega-3 fat deficiency, has not been determined, possibly because most research has focused on the role of DHA in infant health.

Omega-3 Fats Are Needed *in utero*

The growing fetus draws its supply of essential fatty acids from the mother through the placenta. For this reason, pregnant women must eat a diet containing ample amounts of omega-3 and omega-6 fats for her own needs and also for those of the developing fetus.[3]

As the fetus grows *in utero*, essential fatty acids are needed for the production of compounds called eicosanoids, which control the immune system. The DHA and arachidonic acid derived from essential fatty acids are especially vital, as they are building materials for the structure of nervous tissue, including the brain.[1] DHA, for example, is laid down rapidly in the grey matter of the brain and in the retina of the eye during the last trimester of pregnancy and the first year of life.[4] In these tissues, the DHA concentration can exceed 50% of total fatty acids.[5]

Infants Need Omega-3 Fats to Grow

After birth, infants obtain omega-3 and omega-6 fatty acids from breast milk or infant formula. Preterm infants, because of their earlier-than-expected births, appear to have a greater need for essential fatty acids than full-term infants.

Omega-3 Fats in the Diets of Pregnant Women

Suggested intakes of flax for pregnant and lactating women are described in the Flax Council of Canada's book, *Flax – A Health and Nutrition Primer*, which is available on the Council's website at www.flaxcouncil.ca.

Cautions regarding the eating of some species of fish during pregnancy are posted on the websites of Health Canada (www.hc-sc.gc.ca) and the U.S. Food and Drug Administration (www.fda.gov).[27,28]

ALA Is the Main Omega-3 Fat in Breast Milk. ALA is the main omega-3 fatty acid in breast milk. ALA constituted 1.2% to 1.9% (% weight of total fatty acids) in breast milk samples taken from women in Canada (1.2%),[6] Brazil (1.4%),[7] and Nepal (1.9%).[8] Breast milk contains 3-10 times more ALA than DHA, depending on the mother's diet.[6-10] The breast milk of vegetarians contains less DHA than that of omnivores.[2]

Breast Milk is Best. Experts agree that breast milk is best for preterm and term infants. Breast milk provides calories, essential fatty acids, vitamins and other important nutrients.[2,11,12]

Infants who are breast-fed have greater amounts of DHA in their blood, red blood cells and brain tissue than formula-fed infants. Some studies found that breast-fed infants performed better on tests of vision and cognitive development than formula-fed ones.[13-15] In one study, children born to mothers who took cod liver oil (a source of DHA) during pregnancy and lactation scored higher on IQ tests at 4 years of age compared with children whose mother's diets were supplemented with corn oil.[16]

ALA Content of Infant Formula. In Canada, infant formula must contain not less than 500 mg of linoleic acid. A minimum amount of ALA has not been specified.[17] In 2002 Health Canada allowed the use of an oil blend containing DHA and arachidonic acid in infant formula.[18]

In the United States, the Life Sciences Research Office (LSRO) set a range for the ALA content in infant formula of 1.75% to 4% of total fatty acids. These levels apply to infant formula for both preterm and term infants.[2,11]

The LSRO endorsed a ratio of linoleic acid to ALA of not more than 16:1, and not less than 6:1. Upper and lower limits for the ratio were set to prevent inappropriate combinations of linoleic acid and ALA that would prevent their conversion to their respective long-chain essential fatty acids.

The source of ALA for most infant formulas is a polyunsaturated vegetable oil such as corn oil, safflower oil, or soybean oil. Canola oil is a component of some European infant formulas.[2] Canola and soybean oils contain modest amounts of ALA.

DHA Content of Infant Formula. The LSRO recommended a maximum concentration of DHA of 0.35% of total fatty acids in preterm infant formula. LSRO did not specify a minimum DHA content for preterm infant formula. Egg yolk, fish oils and oils produced by single-cell organisms (that is, microalgal and fungal oils) are sources of DHA and arachidonic acid in infant formulas.[2]

Benefits of Omega-3 Fat-Enriched Infant Formula. Some infant formulas have been modified to contain ALA, DHA and other essential fatty acids. As a result, studies have aimed to determine whether changes in infant formula composition improve growth and developmental outcomes in formula-fed preterm and term infants.

A recent meta-analysis of clinical studies – 5 involving term infants and 3 involving preterm infants – found that infants fed an infant formula supplemented with ALA had significantly higher blood and red blood cell levels of DHA than infants fed a regular formula without ALA.[19] The findings suggest that ALA-supplemented formula improves the DHA status of infants.

The findings related to DHA-supplemented formula are surprisingly mixed. Some studies have shown a benefit of supplementing formula with DHA in terms of visual acuity,[15,20,21] while others found no evidence to support adding DHA to formulas.[22-25]

Omega-3 Fats in the Feeding of Infants

Many questions about the roles of omega-3 fats in infant nutrition remain unanswered. What is the unique role of ALA in infant nutrition? What is the optimum mix of essential fatty acids in infant formula? For pregnant and nursing women, which diet pattern achieves the best omega-3 fat status in their growing infants? So far, research suggests that infant formula is not as good for babies as breast milk.[26] For pregnant women and nursing mothers, the best approach is to eat a varied diet containing ample amounts of ALA, DHA and other omega-3 fats.

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New FLAX FACTS

FLAX FAVOURABLY AFFECTS THE IMMUNE SYSTEM

by Dr. Diane H. Morris

SUMMARY

Flax is rich in ALA, which has been shown to decrease inflammatory reactions in humans. Lignans have anti-inflammatory effects in rats.

- ALA-rich diets increase the omega-3 fat content of cell membranes and decrease the production of agents that promote inflammation.
- ALA-rich diets decrease blood levels of CRP, a biomarker of inflammation and tissue damage. In a clinical study, CRP blood levels decreased 75% in volunteers who ate an ALA-rich diet containing a combination of walnuts, walnut oil, and flax oil. In a cohort of women participating in the Nurses' Health Study, CRP levels in blood decreased as their ALA intake increased.
- Lignans decrease levels of pro-inflammatory cytokines like TNFα in rats.

Flax is rich in alpha-linolenic acid (ALA), the essential omega-3 fatty acid, and lignans, which are phytoestrogens. ALA and lignans modulate immune reactions and may play a beneficial role in the prevention and management of atherosclerosis, obesity, the metabolic syndrome, and other chronic diseases in which chronic inflammation is a key feature.

Features of Chronic Inflammation

In healthy tissue there is a balance between agents that promote inflammation and those that block it. When there is an infection or injury, the pro-inflammatory agents rally to eliminate the infection or repair the injury and return the tissue to health. When health is restored after a few days or weeks, the number of pro-inflammatory agents returns to normal. In some cases, however, the immune system switches from an acute mode to a chronic, low-grade inflammation that can persist for months or years.[1]

In both acute and chronic inflammation, immune cells release a variety of pro-inflammatory agents, including cytokines such as tumor necrosis factor α (TNFα), interleukin-1β (IL-1β), and interleukin-6 (IL-6). These cytokines are part of a large network of cell signaling agents. One of their key actions is to stimulate the release of C-reactive protein (CRP).

CRP is an acute phase pro-inflammatory protein formed mainly in the liver in response to acute injury, infection, hypersensitivity reactions, inflammatory diseases, malignancy, and trauma. CRP is a sensitive biomarker of systemic inflammation and tissue damage. It is strongly associated with atherosclerosis, insulin resistance, and the metabolic syndrome.[2,3]

When immune cells switch to a chronic inflammatory mode, they produce more cytokines and CRP than are needed. The result is that healthy tissue becomes inflamed. Indeed, chronic inflammation has been said to result from the failure of normal wound healing.[1]

Chronic Inflammation and Chronic Disease

Low-grade chronic inflammation is a feature of many chronic diseases. In atherosclerosis, for example, TNFα, IL-1β, and IL-6 are released by macrophages (a type of immune cell) and foam cells found within vascular cell walls.[4] In rheumatoid arthritis, IL-1β and TNFα are major pro-inflammatory cytokines found in affected joints.[1] In one study of 74 patients with rheumatoid arthritis, blood concentrations of IL-1β and TNFα were 5- and 15-fold greater, respectively, in arthritis patients than in healthy adults.[5]

Obesity can also be viewed as a state of chronic inflammation.[2] The presence of excess adipose tissue, particularly in the abdominal area, is marked by increased blood levels of CRP and also of TNFα, IL-6 and other pro-inflammatory cytokines.[2,6,7] The abundance of these cytokines in adipose tissue and CRP in the bloodstream is believed to contribute to insulin resistance – a major risk factor for type 2 diabetes, hypertension, and blood lipid disorders, and possibly a risk factor for coronary heart disease.[8-10] Indeed, even in a group of healthy Japanese men and women, there was an association between CRP and increased fasting insulin levels, fasting glucose levels, and insulin resistance.[11]

Flax Effects on the Immune System

Flax contains ALA and lignans, both of which decrease inflammatory reactions. New research provides insights on their anti-inflammatory effects.

ALA. One way in which ALA influences immune reactions is by changing the fatty acid composition of membrane phospholipids. For example, in a clinical study, the ALA content of red blood cell membranes increased 225%, and their content of eicosapentaenoic acid (EPA) increased 150%, in healthy men who ate a diet enriched with flax oil (about 2 tbsp daily or 15 g ALA/day) for 12 weeks.[12]

This increased omega-3 fatty acid content of cell membranes decreases the production of the cytokines TNFα and IL-1β. In a study of 28 healthy men, for example, consuming flax oil (about 1 2/3 tbsp daily

providing 13.7 g ALA/day) for 4 weeks resulted in a decrease in TNFα and IL-1β production of nearly 30% in mononuclear cells (a type of immune cell).[13]

Diets rich in ALA have also been shown to decrease the blood concentration of CRP. A clinical study conducted in 23 men and women with high blood cholesterol found that serum CRP concentration decreased 75% when the volunteers consumed an ALA-enriched diet compared with when they consumed an average American diet.[14] Dietary ALA was obtained by eating a combination of walnuts, walnut oil, and flax oil in this study. [The ALA-rich diet provided about 17 g ALA/day, based on a 2,400 kcal diet, and can be achieved by consuming roughly 2 tbsp flax oil daily.] The average American diet in this study provided about 2 g of ALA per 2,400 kcal. In the Nurses' Health Study, ALA intake was inversely related to plasma CRP concentrations.[15]

Lignans. Lignans have been shown to decrease the production of TNFα and IL-6 in microglial cells of rats.[16] (Microglial cells are found in the brain.) The anti-inflammatory effects of lignans have not been studied in humans.

Flax Has Favourable Effects on the Immune System

Flax favourably influences immune reactions. ALA and lignans block the release of pro-inflammatory cytokines. ALA-rich diets decrease blood CRP levels. Through these effects, flax consumption may help prevent and treat disorders characterized in part by an over-stimulated immune system. Such disorders include atherosclerosis, obesity, the metabolic syndrome, diabetes mellitus, rheumatoid arthritis, multiple sclerosis and systemic lupus erythematosus.[17]

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New FLAX FACTS

ALA AND OTHER OMEGA-3 FATS MAY PROTECT AGAINST ARRHYTHMIA

by Dr. Diane H. Morris

Arrhythmias or dysrhythmias, as they are sometimes called, are abnormal rhythms of the heart muscle. There are many different types of arrhythmias. Some are disconcerting because they cause the heart muscle to skip a beat or add an extra beat, but they are not dangerous. Others are serious, resulting in dizzy spells, shortness of breath, chest pain and other complications.[1] The large number of sudden cardiac deaths from coronary heart disease – estimated at about 8-10% of all deaths in Canada in 1999[2] and 335,000 deaths per year in the United States[3] – are due mainly to arrhythmia.

Growing evidence suggests a simple dietary change – increasing the dietary intake of omega-3 fats – may help prevent sudden death from arrhythmias. The major omega-3 fats are alpha-linolenic acid (ALA), the essential omega-3 fatty acid, and its long-chain cousins, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

The omega-3 fatty acids prevent arrhythmias in heart cells grown in test tubes and also in laboratory animals. In humans, omega-3 fats have been shown to reduce the risk of arrhythmias in most,[4-7] but not all,[8] clinical studies.

How Arrhythmias Occur in the Heart

The heart is a muscle that pumps blood throughout the body. The pumping action of the heart is controlled by electrical signals, which are formed by a special group of cells located in the heart's right upper chamber. These special cells are known collectively as the sinus node.

The sinus node is a natural pacemaker for the heart. Its electrical signals travel first through the upper chambers of the heart (the atria), then through a switching station called the AV node, and finally to the lower chambers of the heart (the ventricles). The ventricles route the electrical signal through special nerve cells, and the end result is a contraction of the heart muscle, which pumps blood through the body.

Arrhythmias occur when the heart's natural pacemaker, the sinus node, develops an unnatural rhythm. In some cases, the sinus node may beat too fast, producing a condition known as tachycardia. In other cases, the sinus node's electrical signal is totally disorganized, causing the atria to contract too quickly. Both conditions are very serious.[1]

Omega-3 Fats Protect against Arrhythmia in Test Tube Studies

Omega-3 fats may protect against arrhythmia by helping heart muscle cells remain stable electrically and by preventing them from becoming "hyperexcitable".[9] In test tube studies of rat heart cells, for example, omega-3 fats decreased the electrical excitability of the heart cells, making them less likely to develop abnormal heart rhythms.[10,11]

A test tube study of adrenal gland cells taken from cows had similar findings – the major omega-3 fats (ALA, EPA and DHA) reduced the electrical excitability of cells. The omega-3 fats worked by blocking the entry of calcium into the adrenal gland cells. DHA and ALA were better than EPA at blocking calcium entry into these cells.[12] (Calcium works like a pacemaker for cells, much like the sinus node is a pacemaker for the heart.) These findings suggest that the antiarrhythmic effect of omega-3 fats is partly due to their ability to control the electrical activity of cells.

Alpha-Linolenic Acid Is As Effective as EPA and DHA in Animals

Pure preparations of ALA, EPA and DHA are equally good at protecting against fatal arrhythmias in dogs. In one study, pure solutions of ALA, EPA and DHA were infused separately. All three omega-3 fats reduced significantly the occurrence of ventricular fibrillation and protected a majority of dogs from fatal arrhythmias. Infusion of a control fat (soybean oil) failed to protect any animals from fatal arrhythmias.[13] These findings suggest that omega-3 fats help regulate heart function.

Flax Protects against Ventricular Fibrillation in Rabbits

Rabbits have long been used for the study of diet and coronary heart disease. A recent study tested the cardioprotective effects of flax in rabbits.[14] Rabbits were fed a regular rabbit diet, a regular rabbit diet + milled flax, a regular diet + added cholesterol, or a cholesterol diet + milled flax for up to 16 weeks.

The diets containing milled flax increased the ALA content of heart tissue 3- to 4-fold and lowered the omega-6/omega-3 ratio in heart tissue. Ventricular fibrillation was prevented in rabbits fed the regular

diet + milled flax and reduced in the group fed a cholesterol diet + milled flax. Indeed, there was a negative correlation between the ALA content of heart tissue and the incidence of arrhythmias. That is, rabbits with the greatest amount of ALA in their heart tissue had the fewest arrhythmias.

Rabbits fed milled flax, with or without added cholesterol, also had shorter QT intervals than rabbits fed diets without flax. In these rabbits, the flax diet resulted in a shortened QT interval, meaning that flax had an antiarrhythmic effect.[14]

What is a QT Interval?

The QT interval reflects the heart's electrical activity during an electrocardiogram (ECG or EKG). Electrical activity is recorded during the ECG as a pattern of waves. The parts of each wave are labeled by certain letters: P, Q, R, S and T. The QT interval is the time it takes for the electrical signal to pass through the lower chambers of the heart. If the time is longer than normal, a person (or animal) is said to have a long QT interval.[1]

Human Studies of Omega-3 Fats and Arrhythmia

Heart disease can be prevented by being active, not smoking, and eating a diet high in fruits, vegetables, nuts, and whole grains and also rich in omega-3 fats from plants and fish.[15] Diets containing fatty fish or at least one fish meal per week are associated with reduced risk of primary cardiac arrest,[16] death from all causes,[17] or sudden death from a heart attack.[18]

Now there is evidence that people who eat diets rich in omega-3 fats from fish and plants appear to be protected against fatal arrhythmia. Elderly adults in one study, for example, who regularly ate tuna or other broiled or baked fish had a lower incidence of atrial fibrillation than those who rarely ate such fish. Eating fried fish or fish sandwiches was not linked with a lower risk of atrial fibrillation.[5] In another study – the Family Heart Study[6] – men and women who had the highest intakes of plant omega-3 fats had shorter QT intervals than those with the lowest plant omega-3 fat intakes. These findings suggest that omega-3 fats from fish and plants have important benefits for the heart.

Healthy Diets for Healthy Hearts

Omega-3 fats appear to enhance the electrical stability of the heart muscle and to protect against fatal arrhythmia in animals and humans. Evidence suggests that making a small dietary change – namely, regularly eating foods rich in omega-3 fats from flax, other plants and broiled or baked fish (but not fried fish) – helps protect against arrhythmia.

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New FLAX FACTS

FLAX REDUCES INFLAMMATION LEADING TO ATHEROSCLEROSIS

by Dr. Diane H. Morris

SUMMARY

The findings of one large cohort study – the Nurses' Health Study – and two clinical studies suggest that diets rich in flax omega-3 fat (ALA) decrease blood levels of cell adhesion molecules. Cell adhesion molecules are biomarkers of early events in the development of atherosclerosis or hardening of the arteries.

Flax is rich in alpha-linolenic acid (ALA), the essential omega-3 fatty acid, and lignans, which are phytoestrogens and antioxidants. These flax components decrease inflammatory factors associated with atherosclerosis – also called "hardening of the arteries" – and may help prevent heart attacks and strokes.

Role of Cell Adhesion Molecules in Atherosclerosis

Atherosclerosis begins in infancy and childhood when the earliest lesions, called fatty streaks, begin to develop in arteries.[1] In the early stages of fatty streak development, white blood cells (leukocytes) begin sticking to the inner lining of blood vessels (the endothelium).

The sticking of leukocytes to the endothelium is controlled by a group of compounds called cell adhesion molecules. Cell adhesion molecules are stirred into action in response to signals from pro-inflammatory compounds such as C-reactive protein (CRP) and cytokines such as tumor necrosis factor α (TNFα), interleukin-1β (IL-1β), and interleukin-6 (IL-6). CRP and cytokines are themselves released in response to inflammation.[2-4]

Refer to the Flax Council of Canada's fact sheet titled *Flax Favourably Affects the Immune System* for a review of how flax components decrease the blood levels of C-reactive protein and cytokines.

The actions of cell adhesion molecules enhance the formation of fatty streaks and plaques. Plaques are advanced lesions that can block the flow of blood in the artery. If a plaque ruptures, it can cause a thrombosis that may result in a heart attack (myocardial infarction) or stroke.[4] (Consult the table for a description of compounds that promote inflammation and atherosclerosis.)

Clinical Importance of Cell Adhesion Molecules

Cell adhesion molecules include E-selectin, vascular cell adhesion molecule type 1 (VCAM-1), and intercellular adhesion molecule type 1 (ICAM-1). They are responsible for attaching leukocytes tightly to the endothelium.[5]

Soluble forms of these adhesion molecules appear in the bloodstream. High blood levels of cell adhesion molecules occur in several inflammatory disorders. For example, blood levels of VCAM-1 and ICAM-1, but not E-selectin, were increased significantly in patients who had had an acute heart attack or who had either stable or unstable angina, but they were low in patients with normal coronary arteries.[6] Blood levels of VCAM-1 and ICAM-1 were increased significantly in patients with rheumatoid arthritis – who have a high risk of coronary events – compared with healthy adults.[7] (E-selectin was not measured in this study.) These and other findings suggest that blood levels of cell adhesion molecules may serve as important clinical biomarkers of inflammation and atherosclerosis.[6-8]

Table

Active Agents in Atherosclerosis

Agent	Actions
C-reactive protein (CRP)	An acute phase inflammatory protein; high blood levels of CRP indicate the presence of systemic inflammation or infection.[3]
Cytokines	Proteins released by immune cells; they both start and amplify inflammatory reactions.[1] Examples: interleukin-1β (IL-1β), interleukin-6 (IL-6), tumor necrosis factor α (TNFα)
Cell adhesion molecules	Respond to signals received from cytokines; they promote the sticking of white blood cells (leukocytes) to the inner lining of blood vessels (the endothelium) and their blood levels may help predict risk of heart attack and stroke.[6] Examples: E-selectin, vascular cell adhesion molecule type 1 (VCAM-1), intercellular adhesion molecule type 1 (ICAM-1)

ALA-Rich Diets Decrease Blood Levels of Cell Adhesion Molecules

Several recent studies suggest that flax and its essential omega-3 fatty acid, ALA, decrease the blood levels of soluble cell adhesion molecules. These findings provide evidence that diets containing flax may help prevent or slow the progression of atherosclerosis.

Cohort Study. In the Nurses' Health Study, a cohort of 727 women reported their usual dietary intake and provided a blood sample in 1989-1990. The Nurses' Health Study is a prospective cohort study that began in 1976; follow-up data have been collected every 2 years since then.

In these women, plasma concentrations of VCAM-1 and E-selectin tended to decrease as ALA intake increased. Plasma concentrations of E-selectin, ICAM-1, and VCAM-1 were all inversely related to the intake of total omega-3 fatty acids. Plasma VCAM-1 concentrations were lowest in women with ALA intakes of 1.2-2.4 g/day or total omega-3 fat intakes of 1.4-3.3 g/day.[9] [An ALA intake of 1.2-2.4 g/day can be achieved by eating 2 - 4 tsp of milled flax or 1/2 - 1 tsp of flax oil daily.]

Clinical Studies. In a clinical study, men and women with moderate hypercholesterolemia were assigned to eat 3 test diets on a rotating basis. One diet was an average American diet; one diet was rich in ALA provided by a combination of walnuts, walnut oil, and flax oil; and one diet was rich in linoleic acid, the essential omega-6 fatty acid. The ALA-rich diet significantly decreased serum ICAM-1, E-selectin, and VCAM-1 concentrations compared with the average American diet. In this study, the ALA-rich diet had the largest beneficial effects on these markers of endothelial activation.[10] However, the ALA intake in this clinical study was high – 6.5% of energy or about 17 g ALA/day. [This intake level can be achieved by consuming flax oil, which provides 8 g ALA/tbsp, in addition to other ALA-containing foods.]

A clinical study conducted in Greece recruited 90 men with high blood cholesterol who ate a typical Greek diet. They were randomized to eat for 12 weeks a diet rich in ALA obtained from flax oil or a diet rich in linoleic acid obtained from safflower oil. The ALA diet decreased VCAM-1 levels 18%.[2]

Regular Flax Consumption May Help Prevent Atherosclerosis

New research suggests a role for flax in reducing blood levels of cell adhesion molecules. Blood levels of cell adhesion molecules may predict risk of heart attacks and stroke.[6] A regular intake of flax may help prevent heart attacks and stroke by reducing inflammatory reactions associated with atherosclerosis.

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Flaxseed – STORAGE AND BAKING STABILITY

Flaxseed is recognized as a "functional food" because of its generous content of the essential fatty acid, alpha-linolenic acid (ALA) and the precursor of mammalian lignans, secoisolariciresinol diglycoside (SDG). Each promises to play a positive role in reducing the risk of a major health threat: ALA in coronary heart disease[1], and lignans with respect to cancer[2]. Health professionals have raised the question of how well these components survive the hazards of oxidation and heat under common conditions of flax storage and food preparation. The answer is, surprisingly well.

Alpha-linolenic acid

ALA, in isolated form or as a component of an extracted purified oil, is generally considered susceptible to oxidation[3] because it is highly unsaturated; that is, it has three double bonds in its 18-carbon chain. Oxidation is encouraged by both warmth (autoxidation) and light (photo-oxidation)[4]. However, ALA in the intact seed of flax has proven remarkably resistant to oxidation despite the fact that it makes up about 50-59% of the oil in flaxseed which in turn is normally 35-45% of the seed weight[3]. Why this is so remains a question but the facts are clear, as represented by current research.

Storage effects:

Flaxseed, either whole or coarsely ground, appears stable to long-term storage at room temperature. Even after 308 days at 22°C (72°F) there was essentially no change in peroxide value as a measure of oxidation by-products or in the percentage of ALA in fat extracted from the stored flaxseed samples[5]. This demonstration of oxidative stability in common storage was later confirmed by direct measurement of oxygen consumption. One gram samples of whole flaxseed, milled flaxseed and extracted flax oil were held in individual sealed glass tubes for 280 days at room temperature with 12h alternating dark/light cycles. All three preparations showed little change in headspace oxygen during this time although the flax oil sample was more variable. The fatty acid composition of all three samples remained unchanged, suggesting that flaxseed ALA was stable to both heat and light[6].

These stability results with small samples have been corroborated by studies on l kg lots of milled flaxseed which were stored in closed packages at 23°C for 128 days. The samples were examined initially and at approximately thirty-day intervals. The packages were triple-layer paper bags with plastic liners, much like those used in the 60 lb. bags normally supplied to commercial bakers. Sensory tests by a trained panel showed no difference in the aroma intensity of water slurries of fresh and stored samples at any of the four storage intervals. Changes in chemical indices of oxidation (peroxide values, free fatty acids and volatile compounds) were negligible[7]. As further evidence of flaxseed's storage stability, 36 consumers could not tell the difference between the taste of yeast breads baked with the either fresh or stored milled flaxseed included as 11% of flour weight in the recipe[8].

Baking effects:

ALA in whole and milled flaxseed also appears to be stable to heat equal or greater than the temperatures involved in baking batters and doughs such as muffins and yeast bread. Thermal stability was shown in 1992 by the absence of significant changes in peroxide values and fatty acid composition when both forms of flaxseed were heated for 60 minutes at either 100°C (212°F) or 350°C (662°F). Furthermore, gas liquid chromatography showed no signs of new *trans* isomers of ALA or of cyclic fatty acid formation in samples subjected to these degrees of heat[5]. In a follow-up study the proportion of ALA in the fat of a muffin mix, where 28.5% of the formula was milled flaxseed, was virtually unchanged after baking at 178°C (350°F) for 2h (45.1% ALA before:45.0% after). This stability was observed even though oxygen consumption of the flaxseed muffin mix was considerably greater than that of the control muffin mix[6]. A subsequent study confirmed the stability of ALA in baked muffins containing the same amount of milled flaxseed and noted that thiobarbituric acid values, as estimates of ALA oxidation were also unaffected by baking[9].

On reflection, the baking stability of ALA should not be surprising considering that the internal temperature of a muffin approaching doneness would not be expected to exceed the gelatinization temperature of starch. Wheat flour in the presence of sugar, or honey in this instance, would gelatinize around 95°C (203°F), much lower than the temperature of hot air in the oven from which heat is transferred to the baking product. A further margin of safety for the ALA-conscious consumer is the fact that muffins are usually baked for only 20-25 min. at 204-208°C (400-425°F) in contrast to some experimental conditions[4].

Biological evidence also supports the stability of ALA to baking temperatures. Nine college women included 50g flaxseed in their daily diet for four weeks in one of two ways. Five of them added milled

flaxseed, uncooked, to the food of their choice such as breakfast cereal, soup, juice or yogurt. The other four consumed bread baked with milled flaxseed (250g/kg) rather than their usual bread. Plasma fatty acid profiles during the four-week study were not significantly different between the women eating raw milled flaxseed and those eating the same amount of flaxseed baked in bread. Both subject groups exhibited a lowering of serum total cholesterol and low-density-lipoprotein cholesterol[10]. The implication is that baking had no effect on the bioavailability of flaxseed fatty acids.

Lignans

SDG, the precursor of mammalian lignans in flaxseed, is a phenolic substance associated with the plant fibre[11]. Because phenolic structures are common to a number of commercial antioxidants[4] and because purified lignans as well as flaxseed extracts have shown antioxidant effects *in vitro* and/or *in vivo* [12], it is tempting to speculate that SDG may play a role in the storage and/or baking stability of ALA. The amounts of SDG in flax appear to vary with the variety of flax, its growing location and harvest year[13]. Each of these variables has been found to affect the amount of mammalian lignans produced from flax ingestion[14].

Storage and baking effects:

While there is currently little information on SDG stability to common storage, several studies suggest that there is no significant loss of SDG from flaxseed during the baking process. Muir and Westcott[15] reported in 1996 that the amounts of SDG measured chemically in both the crust and centre of a loaf of bread agreed well with measurements of SDG in flaxseed added to the dough. As well, the levels of SDG that they detected in four loaves of flaxseed bread purchased at local bakeries were within the range of values likely from the original addition of 7% flaxseed. In 1998, Rickard and colleagues[16], using *in vitro* fermentation[17], assessed total lignan production from a number of commercial breads and homemade products. Bread, muffins and pizza dough containing 6.9, 8.0 and 13.2% flaxseed respectively, were baked at 190°C (375°F). In both commercial and homemade categories, lignan production reflected the amount of flaxseed added. This was also the case in pancakes enriched with 6.2% flaxseed which were griddle-baked at 205°C (400°F). Furthermore, urinary lignan levels from nine women who ate 25g flaxseed daily for eight days were similar whether the flaxseed was eaten raw in applesauce or baked in muffins or bread[16]. It appears that the lignan availability from the SDG in flaxseed is stable to customary baking temperatures.

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New FLAX FACTS

METABOLISM OF ALPHA-LINOLENIC ACID

by Dr. Diane H. Morris

Alpha-linolenic acid (ALA) is the true essential omega-3 fatty acid, being required in our diets because our bodies do not make it. ALA has important roles in human health. It dampens inflammation, which is a feature of many chronic diseases like heart disease, stroke and cancer. It is incorporated into cell membranes, promotes the health of blood vessels and is converted to long-chain omega-3 fatty acids. Young women appear to convert more ALA to long-chain omega-3 fatty acids than men do, possibly because of their greater need for omega-3 fats during pregnancy and lactation. The efficiency of ALA conversion by both women and men is affected by diet. Our bodies use ALA to make energy for work and play and to form ketone bodies, which may help preserve cognition in elderly adults. Excess ALA is stored in adipose tissue to meet future energy needs.

Alpha-linolenic acid (ALA) constitutes about 57% of the total fatty acids in flax, making flax one of the richest sources of ALA in the diet.[1] The sections below describe the metabolism of ALA and its roles in human health.

ALA Is the True Essential Omega-3 Fatty Acid

ALA is the parent compound of the omega-3 fatty acid family. It must be obtained from our diets because our bodies do not make it.[2] In this regard, ALA is an essential nutrient just like vitamin C and calcium.

ALA Is Needed for Good Health

ALA has important biologic effects and helps prevent and manage chronic diseases like heart disease, stroke, type 2 diabetes, kidney disease and certain types of cancer.[1] ALA dampens inflammation, which is a feature of many chronic diseases,[3] and it helps promote the proper functioning of blood vessels, which reduces the risk of heart attacks and stroke.[4]

ALA constitutes 75-80% of total omega-3 fatty acids in breast milk, underscoring its importance for infant growth and development.[5,6] ALA is also required for maintaining the nervous system. A deficiency of ALA in humans causes poor growth, numbness, pain in the legs, difficulty walking and blurred vision.[7] These deficiency symptoms can be alleviated by adding ALA to the diet.[1]

Metabolic Fates of ALA

Dietary ALA has several metabolic fates. The list below describes how ALA is used by the human body.

- ***Increases the omega-3 fat content of cell membranes.*** ALA is incorporated into the triacylglycerols (triglycerides) and phospholipids of cell membranes, where it affects how nutrients are transferred into and out of the cell and how cells communicate with one another. In one study, healthy men who consumed about 2 tbsp of flax oil daily for 12 weeks showed a 225% increase in the ALA content and a 150% increase in the eicosapentaenoic acid (EPA) content of red blood cell membranes.[8] Increasing the omega-3 content of cell membranes makes them more flexible and decreases inflammation.[9]
- ***Is converted to long-chain omega-3 fatty acids.*** ALA is converted to the long-chain omega-3 fatty acids, particularly EPA and docosapentaenoic acid (DPA).[10]
- ***Produces energy.*** ALA undergoes ß-oxidation to produce energy for the work of muscles, the digestion of food, breathing, and the like. About 24-33% of an ingested dose of ALA undergoes ß-oxidation in men; in women, the figure is 19-22%.[1,10]
- ***Is used to make ketone bodies.*** ALA appears to be preferred over linoleic acid (an omega-6 fatty acid) as a substrate for ketogenesis – the process of making ketone bodies. Ketone bodies serve as an alternate energy source for the brain during starvation or fasting. This function of ALA may be important in maintaining healthy cognition in elderly adults.[11]
- ***Is stored for future energy needs.*** ALA is stored in adipose tissue, where it serves as a reserve supply of energy. Women store more ALA in their adipose tissue than men because of their greater fat mass.[12]

ALA Metabolism

The metabolic pathways of the omega-3 and omega-6 fatty acids are shown in the figure below. The discussion that follows focuses on the metabolism of the omega-3 family of fatty acids.

Desaturation and elongation. ALA is converted to long-chain fatty acids by a series of alternating desaturations and elongations. The desaturations add a double bond by removing hydrogen, while the elongations add two carbon atoms.

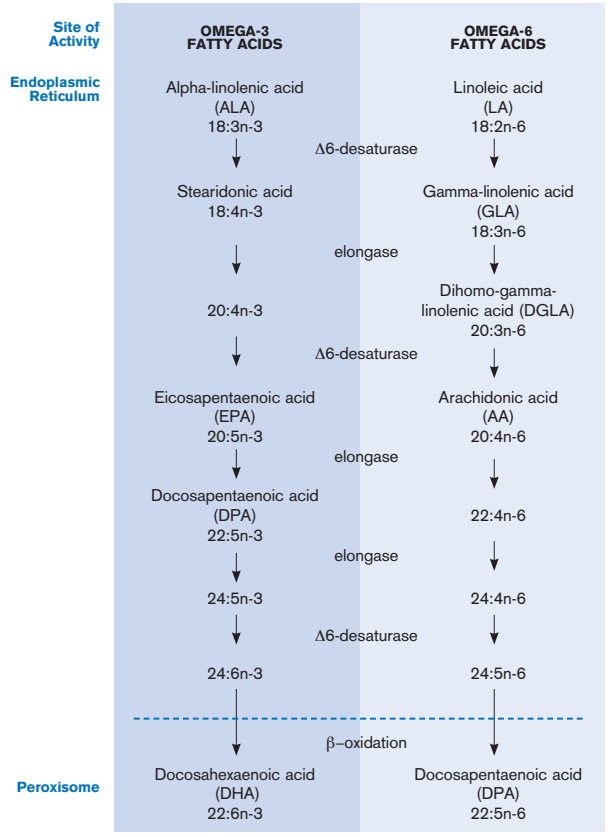
A more in-depth discussion of the metabolism of omega-3 and omega-6 fatty acids, along with information about their roles in human health, can be found in the Flax Council of Canada's book, Flax–A Health and Nutrition Primer. The book is available on the Council's website at www.flaxcouncil.ca

The first step in ALA metabolism is desaturation, catalysed by delta-6-desaturase. This step is considered rate-limiting, as it is most affected by nutritional, hormonal and metabolic factors.[13]

The desaturation and elongation steps occur in the endoplasmic reticulum of the cell. The desaturation steps tend to be slow, while the elongation steps are rapid. For this reason, the tissue concentration of stearidonic acid tends to be low, because it is formed slowly by desaturation and then quickly elongated to other metabolites.[14]

Competition between fatty acid families. Mammals cannot interconvert the omega-3 and omega-6 fatty acids. That is, omega-3 fatty acids cannot be changed into omega-6

Metabolic Pathways of the Omega-3 and Omega-6 Fatty Acids[a]



[a] The conversion pathway shown is the "Sprecher pathway", which is believed to be the major route. Conversion of DPA to DHA via Δ4-desaturase occurs in bacteria and some microorganisms. The exact method by which DHA is moved out of the peroxisome is not known, and the factors that affect its translocation have not been identified. New research suggests that regulation of DHA synthesis may be independent of the other steps in the omega-3 pathway (10).

fatty acids, or vice versa. Furthermore, there is competition between the two families. An excess of one family of fatty acids can interfere with the metabolism of the other, changing their concentrations in tissues and their biological effects.[14]

Efficiency of Conversion of ALA. Estimates of the conversion of ALA to EPA range from 0.2% to 8%,[12,15] with young women showing a conversion rate as high as 21%.[16] Conversion of ALA to DPA is estimated at 0.13% to 6%,[10] with women showing a conversion rate on the higher end (6%).[16]

ALA conversion to DHA appears to be limited in humans, with most studies showing a conversion rate of about 0.05%,[10,17] although one study reported a figure of 4%.[18] Here again, young women appear to convert more ALA to DHA than men do – as much as 9% of ingested ALA may be converted to DHA in young women.[16]

Factors Affecting ALA Conversion

Various factors affect ALA's conversion rate. One innovative test tube study of human breast cells found less ALA converted to EPA and DHA when cigarette smoke was bubbled into the growth medium; the enzyme most affected by the concentration of cigarette smoke was delta-5-desaturase.[19] Two other factors affecting ALA conversion – gender and diet – are described below.

Gender. Young women convert more ALA to the long-chain omega-3 fatty acids, possibly because their unique hormonal profile makes them more sensitive to diet than men are. Their greater ability to convert ALA to DHA may be important during pregnancy and lactation.[20, 21]

Diet. A diet rich in linoleic acid decreases ALA conversion by as much as 40%.[18] A high maternal intake of linoleic acid lowers EPA and DHA levels in umbilical plasma, suggesting reduced ALA conversion and availability of omega-3 fatty acids to the developing fetus.[22] Saturated fat, oleic acid, *trans* fatty acids, and dietary cholesterol interfere with ALA desaturation and elongation. High intakes of EPA and DHA – and even of ALA itself – can decrease the conversion rate.[13]

ALA Metabolism: What's Needed Now

The fact that ALA conversion to EPA, DPA, and DHA is affected by gender, smoking, and diet suggests that people differ in their metabolic capacity for ALA conversion. Clearly, ALA conversion is more complex than was originally thought. Studies are needed to identify other roles of ALA in human health and determine the diet and lifestyle patterns that enhance ALA conversion to the long-chain omega-3 fatty acids.

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New FLAX FACTS

FLAX LIGNANS HAVE ANTICANCER EFFECTS IN BREAST TISSUE

by Dr. Diane H. Morris

Large-scale population studies show that diets rich in lignans are associated with a reduced risk of breast cancer. Flax and its lignans help protect against breast cancer by altering the metabolism of estrogen and by decreasing cell proliferation, according to findings from a small number of clinical studies. The animal data are strong – flax and its main lignans interfere with cancer processes and inhibit metastasis of mammary (breast) tumours to the lungs and other organs. One animal study found that the combination of flax and tamoxifen was better at decreasing tumour size in mice than tamoxifen alone. Eating flax regularly may reduce breast cancer risk and improve the clinical prognosis for women with breast cancer.

Whole flax seeds and milled flax are excellent sources of lignans. Indeed, flax is the richest known dietary source of lignans.[1] Lignans are phytoestrogens – plant compounds that can affect estrogen metabolism in animals and humans. The main flax lignan is secoisolariciresinol diglucoside (SDG). SDG is converted to the enterolignans or mammalian lignans – namely, enterodiol and enterolactone – by the action of bacteria in the colon.[2] Human and animal studies support a role for flax and its lignans in breast cancer prevention and control.

Information about flax lignans, their roles as phytoestrogens and antioxidants, and their anticancer effects can be found in Chapters 4 and 6 of the Council's book, *Flax–A Health and Nutrition Primer*, which is available on-line at www.flaxcouncil.ca

Flax Helps Protect Against Breast Cancer by Influencing Estrogen Metabolism

Breast cancer is hormone-sensitive, meaning that in the early stages, tumour growth is influenced by the sex hormones, particularly estrogen and its metabolites.[3] The biologically active form of estrogen is estradiol, which is oxidized mainly in the liver to estrone. Estrone can be converted to two metabolites with different biologic effects – 2-hydroxyestrone has little biologic activity, while 16α-hydroxyestrone enhances estrogen activity and promotes uncontrollable tumour cell growth or cell proliferation, as it is called.[4] Women who produce more 16α-hydroxyestrone may have an increased risk of breast cancer.[5] Two clinical studies found that postmenopausal women who ate a diet supplemented with 10 g or 25 g of milled flax for 7 weeks[6] or 16 weeks[4] increased the excretion of 2-hydroxyestrone in their urine, without increasing the excretion of 16α-hydroxyestrone. In these studies, flax consumption shifted the balance toward production of the relatively inactive metabolite of estrogen, thus supporting a role for flax seed in breast cancer prevention.

Estrogen Receptors in Breast Tumours

Breast tumours that contain receptors for estrogen are estrogen receptor positive (ER+); tumours that lack estrogen receptors are called ER negative (ER–). Women with ER+ tumours are more likely to respond to hormone therapy than women whose tumours are ER–.[3]

Population Studies Suggest a Protective Effect of Dietary Lignans

According to two recent reviews of large-scale population studies published since 1997,[7,8] plant and mammalian lignans appear to protect against breast cancer, at least in premenopausal women. The cancer protective effects of lignans in this population may be determined by the type of estrogen receptor in women's breast tissue.

One prospective cohort study among 58,049 postmenopausal French women found that those with the highest dietary lignan intake (>1395 μg per day) had a significantly reduced risk of breast cancer.[9] The beneficial effect of dietary lignans in this study was limited to ER+ and progesterone-positive breast cancers, suggesting a strong role for hormone receptors in controlling the biologic effects of lignans.

Flax Interferes with Cancer Processes in Animal Studies

Flax fed to carcinogen-treated rats and mice reduced tumour incidence, number, and size at the initiation, promotion and progression stages of mammary (breast) cancer.[2] Milled flax fed to rats decreased tumour incidence, number and size and resulted in lower levels of cell proliferation in mammary tissue.[10-12] Feeding milled flax slowed tumour growth rate in mice implanted with an ER– human breast cancer cell line[13] and decreased tumour weight and volume in mice implanted with an ER+ human breast cancer cell line.[14]

Feeding pure SDG to rats appears to inhibit mammary tumour growth at the early promotion stage of cancer development.[12] Thus, pure SDG may affect new tumour development, whereas milled flax appears to exert its effects at later stages of tumour growth.[15]

Flax Enhances Tamoxifen's Anticancer Effects in Mice

Tamoxifen is widely used as adjuvant therapy for breast cancer, especially in women who have ER+ breast cancer. Despite its proven anticancer effects, tamoxifen has troubling side effects.[16,17] A question often asked by women with breast cancer is this: Do flax lignans interfere with or enhance the anticancer actions of tamoxifen?

A mouse study was conducted at the University of Toronto to answer this question.[14] The study assessed the effect of flax and tamoxifen, alone and in combination, on the growth of ER+ human breast cancer cells in mice.

Nude mice were injected with estrogen-dependent MCF-7 cells and then fed one of several diets. The diets contained 10% milled flax, a tamoxifen pellet (5 mg), or both. (A 10% flax diet is roughly equal to a human diet containing about 20-25 g or 2-3 tbsp of milled flax daily.) Tumour growth was monitored weekly.

In these mice, dietary flax inhibited the growth of human ER+ breast cancer cells. At low 17β-estradiol levels, flax regressed tumour size by 74%; at high 17β-estradiol levels, flax regressed tumour size by 22%. (17β-estradiol is a key human estrogen.) Furthermore, flax enhanced the anticancer effect of tamoxifen – that is, flax + tamoxifen achieved a tumour regression >53% compared with tamoxifen alone.

Flax Lignans Block Metastasis in Mice

SDG inhibited metastasis in two studies of implanted ER– human breast cancer cells in nude mice. One study found that feeding SDG to mice decreased metastasis to lung, lymph nodes and other organs. Its effects were greater when it was combined with flax oil – the combination decreased total metastasis by ~43%.[18]

Another study assessed the therapeutic effect of flax and its main components – alpha-linolenic acid (ALA) and SDG – on the recurrence and metastasis after surgical resection of established primary mammary tumours in nude mice.[19] The study was designed to mimic in mice the typical clinical situation in which there is a risk of tumour recurrence and metastasis in women who have had surgery to remove a breast tumour. The incidence of metastasis in nude mice was significantly lower in groups fed milled flax, pure SDG and SDG + flax oil. The study showed that dietary flax and its components (ALA and SDG) inhibited metastasis to lungs, lymph nodes and other organs, but had little effect on tumour recurrence in mammary tissue.

The researchers suggest that breast cancer patients who consume flax after surgery may experience reduced risk of metastasis and an improved clinical prognosis.[19] Furthermore, consuming milled flax rather than pure SDG appears to be preferable – mice fed milled flax had the lowest incidence of metastasis among all diet groups.

Mechanisms of Lignans' Anticancer Effects

Mammalian lignans appear to exert anticancer effects through both hormone and non-hormone-related actions. The mammalian lignans enterodiol and enterolactone inhibit two key enzymes involved in estrogen synthesis; both enzymes are associated with increased breast cancer risk. Mammalian lignans may also have non-hormone-related actions, such as antioxidant activity, inhibiting angiogenesis and cell proliferation, and/or altering the expression of growth factors that stimulate tumour development.[2,10,13,14]

More Clinical Studies of Flax and Cancer Are Needed

The findings of animal studies strongly suggest that flax and its lignans have anticancer effects. Although the clinical findings are promising, more clinical work is needed to confirm the anticancer effects of flax and the flax intake needed to achieve breast cancer protection.

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New FLAX FACTS

FOOD SOURCES OF ALPHA-LINOLENIC ACID

by Dr. Diane H. Morris

Alpha-linolenic acid (ALA) is the true essential omega-3 fatty acid, being required in our diets because our bodies cannot make it. ALA has important functions in the body. It is used for energy and converted to long-chain omega-3 fats such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). ALA helps prevent heart disease and stroke and reduces inflammation.[1]

Flax seeds are a renewable and rich source of ALA. Using flax in food preparation, whether at home or in commercial settings, increases the omega-3 fat content of popular foods.

Food Sources of ALA

Today's health-conscious consumers can choose among many different foods containing ALA. Some foods are naturally rich in ALA, while others have been enriched to increase their ALA and total omega-3 content. The main sources of dietary ALA are described below.

Flax and Flax Ingredients. Flax is the richest source of ALA in the North American diet. One tablespoon (8 g) of milled flax contains 1.8 g of ALA. One tablespoon (15 mL) of flax oil contains 8 g of ALA.

Various forms of flax are available in the consumer food market – whole flax seeds, milled flax, roasted flax and flax oil. Novel flax ingredients such as encapsulated flax and flax kernel (a dehulled flax product) are some ways in which food processors add flax to their food products. Food processors add milled flax and flax kernel to products as diverse as energy bars, salad dressings, soups, sausages, yogurt and baked goods.[2]

A Word about Flax Meal

Consumer products labeled "flax meal" are made by grinding whole flax seeds to produce traditional milled flax. Milled flax has all the goodness consumers expect – omega-3 fat, dietary fibre and lignans – in their proper proportions.

Other Oilseeds, Nuts and Plants. ALA is found in the fats and oils of canola, wheat germ and soybeans; in nuts such as butternuts and walnuts; and in red and black currant seeds. Leafy green plants like purslane contain a great deal of ALA, but because their overall fat content is low, leafy plants do not contribute significant amounts of ALA to our diets.[3]

Fish, Meat and Poultry. Fish contain trace amounts of ALA. Oily fish like salmon and herring contain more ALA (113-132 mg per 100 g portion) than do white fish like cod and haddock (1-3 mg per 100 g portion).[4]

Beef and pork generally contain more ALA than white fish. A broiled New York strip beef fillet contains 210 mg ALA per 100 g portion. A regular, all-beef large hamburger patty and roasted cured ham both contain about 25-45 mg ALA per 100 g portion. Chicken contains about 26 mg ALA per ½ roasted breast. Chicken with a milled flax seed breading is another tasty way for consumers to enjoy flax and chicken.[5]

Omega-3-Enriched Eggs. Omega-3-enriched eggs are derived from hens fed flax or other sources of omega-3 fats. Omega-3-enriched eggs are widely promoted for their DHA content, but they are also good sources of ALA. On average, one omega-3-enriched egg provides 340 mg of ALA – 10 times more than a regular egg and nearly one-third of the Adequate Intake of ALA for women aged 19 years and older.[6] A regular, large chicken egg contains about 20 mg of ALA.

Omega-3-Enriched Pork. Consumers in the Canadian, U.S. and Japanese markets can enjoy omega-3-enriched pork derived from hogs fed flax in their rations.[7] The pork product was developed by a company based in Winnipeg, Manitoba,[8] and contains between 400 mg and 2 g of ALA per 100 g serving. Traditional retail shoulder and loin cuts of pork contain about 20 mg of ALA per 100 g serving. [Canadian consumers can look for Prairie Orchard Farms Omega 3 Enriched Pork products; U.S. consumers can look for the product under the Verdancia Farms label.[9]]

ALA Content of Commonly Eaten Foods

If you are interested in the ALA content of other foods, consult the Flax Council of Canada's book, Flax–A Health and Nutrition Primer, which is available on the Council's website at www.flaxcouncil.ca. Table 11 in Chapter 3 of the Primer shows the ALA content of many leading food sources of this essential omega-3 fat.

Adding Flax to Food Products Increases Their Omega-3 Fat Content

The food industry has turned to flax to meet consumers' demand for foods that taste good, are nutritious and provide health benefits. Food companies continue to be creative in developing new flax food products – for families and their pets.[1,10]

Baked Goods and Dry Mixes. Bakers add milled flax to hearth breads – that is, breads baked in open hearths, not in pans. Whole flax seed or milled flax is added to variety and multigrain breads, bagels, tortilla shells, muffins, crackers and cookies. Milled flax is added to dry mixes for muffins, waffles and pancakes.[2]

Beverages. Flax adds texture and omega-3 fat in the form of ALA to energy drinks and smoothies. Milled flax is added to dry beverage mixes.[2]

Cereals and Pasta. Both hot and cold cereals are made with flax. Flax combined with soy in a granola-type cereal appears to be popular. Pasta products made with flax are found in most supermarkets and health food stores.

Energy Bars. Energy bars containing milled flax are increasing in popularity. Consumers can enjoy energy bars made with flax seeds and other ingredients such as soy, hemp, nuts, berries and whole grains.[2]

Spreads and Salad Dressings. Mayonnaise-type and buttery spreads made with flax oil are convenient for delivering omega-3 fats. Both heart-healthy and vegan spreads made with flax oil are available in numerous outlets. Flax oil-based salad dressings have been marketed in North America for several years.

Dairy Products. An omega-3 fortified milk has been available in Canada since 2004. Its omega-3 fat source is flax oil. Other products available globally include soy-based beverages with added flax oil, providing 500 mg omega-3 fatty acids per 250 mL (1 cup). Milled and whole flax seeds are used as a source of omega-3 fat in yogurts, cottage cheese and cheese spreads. Flax adds texture to these products.

Meatless Meal Products. Interest in vegan meals has increased steadily in recent years. Vegans can now enjoy a meatless smoked bratwurst, soy-based ham, hamburger and chicken cutlets made with added flax seed or milled flax.[2]

Miscellaneous Food Products. Some snack foods are formulated with flax. Crisps, popcorn, rice cakes and confectionary like chocolate bars contain added flax.

Prepared Meals. Several classic dinner favourites such as pizza, meat pies and lasagna now contain added flax. Pizza crust formulated with milled flax was introduced in 2007.[2]

Pet Foods. Pet food manufacturers recognize the health benefits of flax for pets – after all, if it's good for the family, it must be good for the family's pet. Many premium dry dog and cat foods and treats contain added flax.

Flax at Home — An Easy Way to Increase Your ALA Intake

Increase your ALA intake by buying flax products at local supermarkets, health food stores or through the Internet. At home, use flax regularly in food preparation. Here are simple suggestions for enjoying the great taste of flax at home:

- Sprinkle whole flax seeds or milled flax on yogurt, hot or cold cereals and salads.
- Whisk a little flax oil (2 mL/1/2 tsp) into a homemade or store-bought salad dressing or vinaigrette.
- Add 8-16 g (1-2 tbsp) of milled flax to family soups, stews and chilies.
- Add milled flax to homemade quick breads, muffins and cookies.
- Mix whole flax seeds and/or milled flax into bread doughs.
- Mix milled flax with hamburger for meat loaf.

Not sure how to get started? Try this simple breakfast treat or snack – mix about 3 g (1 tsp) of milled flax with 15 mL (1 tbsp) of honey and spread on warm toast. There are as many ideas on how to cook with flax as there are people in the kitchen!

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New FLAX FACTS

FLAX HELPS PREVENT HEART ATTACKS AND STROKE

by Dr. Diane H. Morris

Flax helps protect against heart attacks and stroke by lowering blood lipids, maintaining healthy blood vessels, and decreasing inflammation. The main nutrients in flax – namely, alpha-linolenic acid (ALA), the essential omega-3 fat; dietary fibre; and the lignan secoisolariciresinol diglucoside (SDG) – all contribute to its heart healthy effects.[1] Milled flax and whole flax seeds contain ALA, dietary fibre and lignans. Flax oil is very rich in ALA but contains virtually no dietary fibre and lignans.

Risk Factors for Cardiovascular Disease

The term cardiovascular disease (CVD) refers to all diseases of the blood vessels and circulation system, including heart attacks and stroke.[2,3] CVD is the result of atherosclerosis or "hardening of the arteries," an inflammatory disease that begins in childhood and involves unhealthy changes in the lining of blood vessels or endothelium, as it is called.[4]

Diet and lifestyle factors such as smoking, diabetes, high blood pressure, and high blood cholesterol can promote undesirable changes such as increased oxidative stress and inflammation in the endothelium. When the endothelium becomes inflamed, cholesterol and other lipids accumulate in blood vessel walls. Eventually, blood platelets clump together and plaques form in blood vessel walls. If a plaque ruptures and blocks blood flow to the heart, it can cause a heart attack; if it blocks blood flow to the brain, it can cause a stroke.

Cardioprotective Effects of Flax

Flax helps lower CVD risk. In clinical studies, the heart healthy benefits of flax were achieved by consuming 15 to 50 g (2-6 tbsp) of milled flax or between 2 mL (1 tsp) and 35 mL (2 1/2 tbsp) of flax oil daily.[1] Flax favourably affects the following risk factors associated with increased CVD risk:

Blood Lipids. Eating 2-6 tbsp (15-50 g) of milled flax daily for as little as 4 weeks decreased blood total and LDL-cholesterol significantly in clinical studies. (LDL-cholesterol is the so-called bad cholesterol.) Blood total cholesterol decreased 6-13% and LDL-cholesterol decreased 9-18% in studies of healthy young adults,[5,6] men and women with moderately high levels of blood cholesterol,[7] and other groups.[8-11] HDL cholesterol (the so-called good cholesterol) and triglycerides did not change in these studies.

The beneficial effect of milled flax and whole flax seeds[8] may be due in part to the dietary fibre in flax. Flax contains mucilage gums, which are a type of soluble dietary fibre. Soluble dietary fibre helps lower blood cholesterol levels.[12] In a study of 29 adults with high blood cholesterol levels, blood total cholesterol decreased about 5.5% and LDL-cholesterol decreased 9.7% when the volunteers ate muffins made with partially defatted flax for 3 weeks compared with when they ate muffins made from wheat bran for 3 weeks. (Partially defatted flax contains less than 10% fat, compared with regular milled flax, which contains about 41% fat.) These findings suggest a role for flax mucilage gums in lowering blood lipids.[13]

Clinical studies show no effect of flax oil on blood total and LDL-cholesterol levels. Even so, flax oil is a rich source of ALA, reducing inflammatory reactions and having beneficial effects on blood vessels.[1]

A flax lignan complex providing 500 mg of SDG daily did not lower blood lipids in one clinical trial,[14] although it decreased total and LDL-cholesterol by 20% and 14%, respectively, and increased HDL-cholesterol by 30% in a rabbit study.[15] Research regarding flax lignans and heart health is in its infancy, and too few human studies have been conducted to provide guidance on the role of lignans in decreasing CVD risk. Nonetheless, SDG is a powerful antioxidant.[16] It may help protect against oxidative stress,[17] which contributes to atherosclerosis.[18]

All together, most clinical studies suggest that consuming milled flax, whole flax seeds or partially defatted flax decreases total cholesterol and LDL-cholesterol levels without decreasing HDL-cholesterol.

Blood vessels. When the lining of the blood vessels – the endothelium – becomes inflamed, it loses its ability to work properly. In other words, it becomes dysfunctional. Studies measuring endothelial function in adults with type 2 diabetes[19] and in obese adults[20] have found that consuming flax oil, ALA-rich vegetable oils and omega-3 fats in general improves endothelial function and blood flow.[21-23] In one study, a diet providing 3.7-6.0 g of ALA from walnuts, walnut oil and flax oil increased blood flow (vasodilation) by 64% compared with an olive oil diet.[24]

Another outcome of endothelial dysfunction is a tendency for white blood cells, called leukocytes, to stick to the endothelium. This process is controlled by cell adhesion molecules, which increase inflammatory reactions and the progression of atherosclerosis; a high level of soluble cell adhesion molecules in the bloodstream is associated with increased CVD risk.[25] In a study of Greek men with abnormal blood lipids, consuming 15 mL (1 tbsp) of flax oil daily for 12 weeks reduced the concentration of one type of cell adhesion molecule by 18.7%.[26]

Inflammation. ALA-rich diets decrease the production of inflammatory compounds such as eicosanoids and cytokines. For example, cytokine levels decreased 26-28% when volunteers consumed flax oil for 4 weeks.[27]

ALA-rich diets are also associated with lower blood levels of C-reactive protein (CRP). CRP is a protein released by the liver in response to infection or injury; it is strongly linked with clinical signs of CVD.[28] In a clinical study, CRP levels

decreased 75% when 23 men and women consumed a diet rich in ALA obtained from a combination of walnuts, walnut oil, and flax oil for 6 weeks.[29] A community study in Tuscany, Italy, found that adults with low plasma ALA levels – indicating low dietary intakes of ALA – had significantly higher levels of blood CRP.[30]

Population Studies Show Heart Healthy Effects of ALA

Several large-scale population or epidemiologic studies, listed in the table, suggest a role for ALA in decreasing CVD risk. The studies involved hundreds or even thousands of men and women living in various countries. Twelve studies found that diets rich in ALA were inversely associated with fatal ischemic heart disease, risk of heart attack, risk of recurrent heart attack and death, risk of stroke, and risk of death from CVD and all causes. In other words, the higher the ALA content of the diet, the less the risk of having or dying from a heart attack or stroke. Only one study – the Zutphen Elderly Study conducted in The Netherlands – failed to find a cardioprotective effect of ALA.[1]

Table

Summary of Population Studies of ALA and Cardiovascular Diseases*

Studies Suggesting a Benefit of ALA
Alpha-Tocopherol Cancer Prevention Study
Cardiovascular Health Study
Costa Rica Study
EURAMIC Study
Family Heart Study
Health Professionals Follow-up Study
India Study
Lyon Diet Heart Study
MARGARIN Study
Multiple Risk Factor Intervention Trial (MRFIT)
Nurses' Health Study
Singapore Heart Study
Study Suggesting No Benefit of ALA
Zutphen Elderly Study

**Complete citations for these studies can be found in Flax–A Health and Nutrition Primer, pages 66-67. (1)*

More information about flax, alpha-linolenic acid (ALA), inflammation, atherosclerosis and coronary heart disease can be found in the Flax Council of Canada's book, Flax–A Health and Nutrition Primer. The book is located under the Nutrition tab on the Council's website at http://www.flaxcouncil.ca

Flax and Heart Health

Including flax in the daily diet helps lower blood lipids, reduce inflammation and enhance the health of blood vessels. These actions help reduce CVD risk.

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